

SWING DANCING

The following concepts and definitions are used for describing Swing dancing.

CONCEPT	DEFINITION		
Dance	Making body movements to music (rhythms and melodies).	○ Pass Left (Reverse Pass)	The woman travels from one end of the track to the other passing the man counterclockwise.
Choreography	A planned arrangement of amalgamations to specific music.	○ Pass Under (Underpass)	The woman travels from one end of the track to the other passing under the man.
Amalgamation	A sequence of figures and variations.	○ Pass Over (Overpass)	The woman travels from one end of the track to the other passing over the man.
Figure	A move between positions using a specific rhythm break and styling.	○ Whip Right (Natural Whip)	The woman travels from one end of the track towards the other and back passing clockwise around the man.
○ Variation	A change in the turn, rhythm break, styling, and/or ending position of a figure.	○ Whip Left (Reverse Whip)	The woman travels from one end of the track towards the other and back passing counterclockwise around the man.
Position	The couple, alignment, arrangement, and pose of the man and woman at the beginning and end of a move.	Turn	The woman's or man's coupled arm rotation and the direction and amount of rotation.
Move	The woman's travel on a track and the woman's and man's turn during the woman's travel. There are eight primary woman's travels used for dancing on a track in Swing.	Rhythm Break	The leg positions and timing used in the travel, turn, link, and position segments of a rhythm. The segments in the Swing and Whip rhythms are defined in Table 4.1-1.
○ Break	A rhythm break without travel maintaining the same location on the track.	Technique	The specific method of lead (force, weight) and follow (resistance, weight), movement (lower body, upper body, whole body, rotation), balance (equilibrium, stability, momentum, equipoise), and position (pose), used in a figure.
○ Push	The woman travels from one end of the track towards the other end and back.	Styling	A distinctive or characteristic technique.
○ Pass Right (Natural Pass)	The woman travels from one end of the track to the other passing the man clockwise.		

Music Beats	♥	*	♥	*	♥	*	♥	*	♥	*	♥	*	♥	*	♥	*
Timing	1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&
Swing Rhythm	Even				Odd				Odd							
Segment	Travel				Turn				Position							
Whip Rhythm	Even				Odd				Even				Odd			
Segment	Travel				Turn				Link				Position			

Table 4.1-1 Rhythm Break Segments in the Swing and Whip Rhythms

Note: changing the shape of the track or technique used generates the various forms and styles of Swing dance. The track can be circular, elliptical, straight, angular, or any path on the dance floor. West Coast Swing is predominately danced on a straight track, and Lindy Hop and Jitterbug are danced on all possible tracks.

Try answering the following questions:

1. What are the rhythm breaks and styles (subsets of possible technique) used in your location and other locations?
2. What are the beginning and ending positions that can be used with the above moves without changing hand-holds?
3. Did you ever try making all your moves from closed to closed dance position? It's great for a crowded floor!
4. Do you make your moves with emphasis on the man doing his rhythm breaks or the woman doing her rhythm breaks?
5. Do you make your moves with emphasis on the man taking the woman in and out of as many different positions as he can in the fewest number of beats?
6. Do you keep the woman tied up with a double hand hold during 75% or more of the beats?
7. Are you a playful cat moving on the wood with a timid mouse standing on the wood?

Now who went and put Bob Seger's "Old Time Rock and Roll" on the turntable? Let's hit the boards! Keep On Dancing! Hutch

SWING MODELS

The figures given in the Sailor Swing Rhythm Break section are a beginning level 1 economy subcompact Swing model. It's standard features are the following factory-equipped moves:

1. Underarm Turn (Underarm Left Pass Right [Under Pass Right]).
2. Left Side Pass (Pass Left).
3. Whip (Closed Whip Right).
4. Push Break (Push).

It also comes with the following factory-equipped Position Change kits:

1. Turning Basic (Pass Right to Closed).

With a factory-equipped Closed Break:

Starter Step (Closed Break).

2. Throwout (Pass Left to Natural Open).

With dealer-installed Turn package:

- a. Slingshot Throwout (Pass Left to Natural Open with Pivot Turn).
 - b. Basic Tuck In (Pass Left with Tuck Underarm Right to Natural Open).
3. Underarm Pass with Hand Change (Underarm Left Pass Right to Natural Crossed Bridge).
 4. Right Side Pass (Pass Left to Natural Open).

Get your dealer to install arm style accessories and add-ons!

Many packages, options, accessories, kits, and add-ons are available for turning this economy subcompact model (Intermediate Bronze [Novice with social dance interest]) into the following economic or uneconomic models:

- Compact (Full Bronze [Neophyte with dance fever])
- Mid-size (Intermediate Silver [Dilettante with dance passion])
- Full-size (Full Silver [Specialist with dance zeal])
- Maxi-size (Intermediate Gold [Expert with dance as a hobby])
- Luxury (Full Gold [Master with dance as an activity])

- Sport (Intermediate Star [Grand Master with dance as a vocation])
- Winnebago (Full Star [Life Master with dance as a profession])

In other words, it's up to you how to equip, furnish, outfit and rig that model for the various partners and floors you will encounter.

The following standard Turn package will put variety into the moves:

Pass Left or Right with Pivots Left.
Pass Left or Right with Pivots Right.
Pass Left or Right with Tuck.
Whip Right with Swivel Left.
Whip Right with Swivel Pivot Right.

The following Rhythm Break options can be added to give sparkle to the moves:

Pivot.
Closed Cross.
Run.
Open Cross.
Rhythm Change.

The following Position Change kits can be used to keep the audience bewildered:

Double Right and Left Vines and Curls.
Double Crossed Right and Left Varsovianas and Silhouettes.
Double Right and Left Baskets and Wraps.
Pins and Loops.
Halos and Yokes.

If you want to fit into the Swing world wherever you go, the following Rhythm Break kits can be used to blend in with the crowd:

Astaire/Murray Twinkle
Beverly Hills Hook
Carolina Triple
Dallas Rock
Denver Coaster
Houston Ripple
Orange County Anchor
Los Angeles Swivel
San Francisco Cross
Santa Barbara Hitch Kick
St. Louis Twinkle
Tulsa Triple

Of course, if you do not want to blend in with the crowd and want to put a souped-up sport model on the floor, consider the following aerial (airborne) accessories:

Flying Lindy.
Around the Blocks.
Side Cars.
Torpedos.
Flying Owls.

And, depending on the audience and partners, consider some of the following style add-ons:

- G General (Disneyland Standards): keep it clean.
- PG Parental Guidance (Sensuous [Sensitivity for our British readers]): Open Shimmy, Fanny Bump, Funky Butt.
- R Restricted (Erotic): Squat, Snake Hips, Closed Shimmy, Grind.
- X Adult Children/Unrestricted (Pornographic): keep it dirty.

Harry James' cut of "Two O'clock Jump" is on the turntable. Now that I have dealer-installed "Side Car" and "Around the Block" accessories for my sport model, let's see if that sweet, young, attractive, lithe being will give me an operator's license to put her airborne. Keep On Dancing! Hutch

THE NUMBER OF SWING FIGURES

Have you ever listened to West Coast Swing dance teachers compete with each other over the amount of Swing dance material they know? For example, one teacher says he or she has over 500 figures (patterns, steps, or moves), another has a collection of over 600 figures, and still another proclaims knowledge of over 40,000 figures. The same competition occurs over rhythm breaks (syncopations). For example, one teacher says he or she has over 350 rhythm breaks and another asserts knowledge of over 500 rhythm breaks. In fact, the book, *Syncopations, The Encyclopedia of West Coast Swing Syncopations*, identifies a few thousand rhythm breaks for the enthusiastic Swing dancer who needs one more rhythm break.

In 1966, in the confines of Boulder, Colorado with weekly trips to Denver, I had compiled 536 figures and 235 rhythm breaks in West Coast Swing, and I thought I was hot stuff. After you finish reading and understanding what follows, you will be able to demonstrate there are over 459,198,371,266,146,600,000,000,000,000,000,000,000 (yes, over 459 duodecillion) West Coast Swing figures with over 17,300,768,047,703,367,000,000,000,000,000,000,000 (yes, over 17 decillion) West Coast Swing rhythm breaks. This is a large number of figures and rhythm breaks, and that is what you get when you let a Swing dancing mathematician run loose across the United States and Europe for 20 years! These estimates are conservative, and keep in mind, West Coast Swing is only a subset of Swing. Table 4.1.2 provides a summary of how the numbers were calculated.

If anyone out there is interested, we could try to determine the lowest and highest number of possible figures and rhythm breaks in Swing and West Coast Swing. But, so what and who cares? Dancing is moving those muscles and bones, and B.B. King's platter is on the turntable, so let's get back to the boards with those attractive, young, and lithe beings! Keep On Dancing! Hutch

Figures 6-Beat + 8-Beat Rhythms	
459,198,371,266,146,600,000,000,000,000,000,000,000	
6-Beat	$17,280 * 8 * 192 * 138^{12} =$
1,266,146,600,000,000,000,000,000,000,000,000,000	
8-Beat	$17,280 * 8 * 192 * 138^{16} =$
459,198,370,000,000,000,000,000,000,000,000,000,000	
Beginning Positions	$8 * 3 * 3 * 240 = 17,280$
Holds	8
Contacts	3
Alignments	3
Arrangements	$16 * 15 = 240$
Bodies	16
Arms	15
Moves	$1 + 1 + 4 + 2 = 8$
Breaks	1
Pushes	1
Passes	4
Whips	2
Turns	$2 * 7 * 8 * 2 = 224$
Dancers	2
Arms	7
Amounts (1/4 turn)	8
Directions	2
Rhythm Breaks 6 Beat + 8 Beat Rhythms	
$138^{12} + 138^{16} =$	
17,300,768,000,000,000,000,000,000,000,000,000,000	
6-Beat Rhythm	$138^{12} =$
47,703,367,000,000,000,000,000,000,000,000,000	
8-Beat Rhythm	$138^{16} =$
17,300,768,000,000,000,000,000,000,000,000,000,000	
Rhythms	2
Legs	1
Leg Positions	$(10 + 36) * 3 = 138$
Hips and Knees (Weight Change)	10
Hips and Knees (No Weight Change)	36
Ankles	3
Timings	1
Styles (Technique)	?
Lead and Follow	?
Movements	$40 + 45 + 70 + 60 = 215$
Lower Body	40
Upper Body	45
Whole Body	70
Rotation	60
Balance	?
Positions (Pose)	?
Ending Positions	$8 * 3 * 3 * 240 = 17,280$

Table 4.1.2-1 The Number of Swing Figures

The following notes will help clarify how the numbers in Table 4.1.2 were determined.

1. **Figures:** There are over 459 duodecillion combinations of positions, moves, turns, and rhythm breaks (over 1 decillion with a 6-beat rhythm and over 459 duodecillion with an 8-beat rhythm); 30,965,760 combinations of positions, moves, and turns; and 1,712 combinations of moves and turns. Note: the ending position of a figure is the beginning position of the next figure, thus position was not used twice. The estimate does not include the nebulous artistic factor of style (See style comment below). Calculations are to eight significant digits.
2. **Positions:** There are over 17,280 combinations of holds, contacts, alignments, and arrangements.
 - a. **Holds:** Only 8 (None, Natural, Reverse, Double, Natural Crossed, Reverse Crossed, Natural Double Crossed, Reverse Double Crossed) of the 16 holds were used.
 - b. **Contacts:** Only 3 (Hand, Back, Hip) of 20 hold contacts are used. Other contacts and a finer gradation (e.g., which finger or where on the back) of the 3 hold contacts could be used.
 - c. **Alignments:** There are 3 alignments (Straight, Right, Left) and a finer gradation is possible.
 - d. **Arrangements:** There are over 240 combinations of body and arm arrangements.
 - o **Bodies:** Only 1/4 of a turn was used for defining the couple's 16 body arrangements. One can multiply 16 by 4 if 1/8 of a turn is used.
 - o **Arms:** Only 15 (11, 14, 15x, 17, 18x, 22, 41, 5x1, 66, 71, 7x7x, 7x8x, 8x1, 8x7x, 99) of 400 Swing arm arrangements were used. Other arm arrangements and a finer gradation of arm arrangements could be used, however, you can really get entangled using some of these 15 arm arrangements as it is.
3. **Moves:** There are eight moves: Break, Push, Pass Right, Pass Left, Pass Under, Pass Over, Whip Right, and Whip Left.

4. Turns: There are over 224 combinations of dancers, arms, amounts, and directions.
 - a. Dancers: Either the man, woman, or both turn.
 - b. Arms: There are 7 coupled arm positions for turns (0 [Over/Straddle], 3 [Under/Beneath], 4x [Halo/Yoke], 5x [Pin/Loop], 6 [Turn/Rotate], 7x [Basket/Wrap], 8x [Vine/Curl]).
 - c. Amounts: Only 1/4 increments of a turn were used, with up to 8/4 (i.e., 2) turns. One can multiply 8 by 2 if 1/8 of a turn is used.
 - d. Directions: It is assumed a dancer turns right or left (i.e., clockwise and counterclockwise for those dancers who do not drive). You can pick up another factor of 2 for forward and backward flips if you are into arials.
5. Rhythm Breaks: There are over 17 decillion combinations of legs, leg positions, and timings using 6- and 8-beat rhythms; i.e., over 47 septillion with a 6-beat rhythm and over 17 decillion with an 8-beat rhythm. The powers of 12 and 16 come from the legs occupying one of 138 positions on every 1/2 beat in the 6- and 8-beat rhythms, respectively. Do you want to use every 1/4 beat and pick up powers of 24 and 32?
 - a. Rhythms: Only 2 rhythms were used (6-beat, 8-beat).
 - b. Legs: It is assumed a dancer will always start a figure with the same leg. Do you want to start with either leg and pick up another factor of 2?
 - c. Leg Positions: Only 138 leg positions were used. Other positions and a finer gradation of leg positions could be used.
 - Hips and Knees (Weight Change): Only 10 hip and knee arrangements were used (Back, Cross, Diagonal (B,F,X,H), Forward, Hook, Side, Together).
 - Hips and Knees (No Weight Change): Only 36 hip and knee arrangements were used (10 Points, 14 Lifts, 10 Stags, 2 Arches).
 - Ankles: Only 3 (Heel, Whole Foot, Toe) of 9 ankle arrangements were used.
 - d. Timings: Starting a rhythm on the downbeat was used. However, one can start on the upbeat or half beats in-between, and pick up another factor of 4.
6. Styles (Technique): This is wide open for discussion, as there are no rules for technique and style (i.e., anything goes, various lower, middle and upper-class hang-ups notwithstanding). If you do not like the way a group of dancers Swing dance, look for or start another group to satisfy your taste.
 - a. Lead and Follow: How do you lead (force) and follow (resist) with a push or pull, and with what degree of weight do you force and resist? It is assumed the man is leading one woman or the woman is following one man. How many dancers do you want to dance with at one time? Also, by the way, another factor of 2 for bi-dancers is possible.
 - b. Movements: At least 215 movements are defined (40 Lower Body, 45 Upper Body, 70 Whole Body, 60 Rotation). For example, how do you change weight? Do you step heel, ball or flat footed using cuban or camel motion, or something in between?
 - c. Balance: How do you maintain your equilibrium and stability, and control your momentum?
 - d. Positions (Pose): How do you want to look in a Swing dance position? Like a flamenco, ballet, jazz, tap, international Cha Cha/Rumba/Samba/Paso Doble/Jive, Hustle, or gutsy rhythm and blues Swing dancer?

What is the platter they just put on the turntable? "I'm Just A Gigolo and I Ain't Got Nobody!" Let's tack this figure estimate up in the outhouse where it belongs, grab those shoes, and get back on the boards where we belong!!! Keep On Dancing! Hutch

SWING DANCER'S NOTES

CHOREOGRAPHY

If you have the desire to perform a Swing dance demonstration or exhibition, or enter a Swing dance competition, the following steps will help put your act together. (Check Section 2.4, Music and Dance Concepts, for definitions if you are not tuned up on the terminology.)

1. Select a suitable dance partner. Check Section 1.6, Finding a Dance Partner, if you are having trouble locating one.
2. Select the form and style of Swing dancing you wish to perform. Are you interested in exhibiting a historical Swing dance period with music and dress as well as style, or doing your own thing to whatever turns you on?
3. Select the music you would like to perform to. Does it turn you and your partner on and excite your Swing dance passions as a couple? A non-vocal musical arrangement with tags, vamps and shading will provide ample opportunity and challenge for the choreographer and dancers. You should listen and practice to the music at least 144 repetitions, so find an arrangement you will not get tired of listening to.
4. Analyze the music. In studying the music use the choreography work sheet in Section 4.1.3.1 to help keep track of the following analysis:
 - a. Listen to the whole arrangement.
 - b. Count the beats in eight beat phrases.
 - c. Determine the length in minutes and seconds.
 - d. Calculate the tempo in beats and bars per minute.
 - e. Identify the introduction (prelude).
 - f. Identify the periods (choruses).
 - g. Identify the tags.
 - h. Identify the conclusion (postlude).
 - i. Highlight the vamps and shading.
 - j. Number the periods and annotate the tape counter number where the periods begin if you are using a cassette tape.
5. Outline the dance. The dance should contain:
 - a. An Introduction
 - (1) Entrance
 - (2) Opening
 - b. A Body
 - c. A Conclusion
 - (1) Final
 - (2) Exit
 - (3) Bow
6. The dance may contain:
 - a. Partner Exchange
 - b. Group Formation: Lines, Squares, Circles, Polygons
 - c. Aerials
6. Fill in the detail.
 - a. The dance should highlight the dancer's abilities.
 - b. Choreograph figures to:
 - (1) An even number of bars
 - (2) A chorus
 - (3) A phrase
 - (4) A tag
 - c. Perform sound basic technique before complicated choreography.
 - d. Highlight:
 - (1) Louder and heavily accented passages with sharp and dynamic movement.
 - (2) Quieter and more melodic passages with softer and more lyrical movement.
7. Select your costumes to accentuate the music and your choreography.
8. While training and practicing:
 - a. Have the choreography planned before a training session.
 - b. Have alternate choreography ready.
 - c. Perform three repetitions of each chorus and other sections of the music while focusing on (1) arm work, (2) hand work, (3) head work, (4) foot work, (5) leg work, and (6) torso work. There is a total of 18 repetitions to start with.
 - d. Find a Swing dancer whose opinion you value and have him or her give you a coaching session on your choreography.

SWING DANCER'S NOTES

CHOREOGRAPHY WORK SHEET

Dance:		
Event:		<u>Cost</u>
Dancers:	Date:	
Costumes:		

Music: _____
 Artist: _____
 Album: _____
 Data: _____ Label: _____ Date: _____

LENGTH	TEMPO	PERIODS	(BEATS)	TAGS	(BEATS)
: Min	Beats/Min	16	32	4	8
Beats	Bars/Min	24	48	6	12

[illegible][illegible]

[illegible]

FIGURES AND VARIATIONS

A figure is a move between positions using a specific rhythm break and styling. The syntax used for describing the components of a figure or variation are listed in table 4.2-1.

The symbols ":", "/" and "&" may be used in a component's syntax. The following conventions apply:

- The ":" symbol separates the component's syntax into segments for identifying what occurs on which beats.
- The "/" symbol is read as "with" in order to indicate that what follows the symbol occurs during what precedes the symbol.
- The "&" symbol is read as "and" in order to indicate that what follows the symbol occurs after what precedes the symbol.

The description of a figure or group of figures (an amalgamation) is given in a tabular format. Table 4.2-2 gives an example description of a figure named "Under" using six beats. The woman passes the man clockwise (Pass Right), turns four eighths left under her right arm (Natural Under Four Left) and ends in Natural Open Position. The woman uses a Hook rhythm break and the man uses a Shuffle rhythm break.

Abbreviations are used extensively in the syntax in order to save time and space. The second line in Table 4.2-2 describes the same figure in an abbreviated format without default values.

The third line in Table 4.2-2 is an abbreviated description with default values for the amount of woman's and man's turn. (See Section 3.3 for a discussion of default values).

The fourth line in Table 4.2-2 is an example using the ":" symbol for describing the same figure in two beat segments.

COMPONENT	SYNTAX
FIGURE	NAME/TIMING/MOVE/DANCE POSITION/RHYTHM BREAK/STYLING
NAME	NAME OF THE FIGURE
TIMING	NUMBER OF BEATS USED IN THE FIGURE
MOVE	WOMAN'S TRAVEL/WOMAN'S TURN/MAN'S TURN
TURN	COUPLE/ARM POSITION/AMOUNT/DIRECTION
DANCE POSITION	COUPLE/ALIGNMENT/ARRANGEMENT/LEVEL/SUPPORT/POSE
COUPLE	HOLD/CONTACT POINT
RHYTHM BREAK	WOMAN'S RHYTHM BREAK/MAN'S RHYTHM BREAK
STYLING	TORSO WORK/LEG WORK/FOOT WORK/ARM WORK/HEAD WORK/LEAD & FOLLOW

Table 4.2-1 Figure Component Syntax

NAME	TIMING	MOVE	DANCE POSITION	RHYTHM BREAK & STYLING (WOMAN/MAN)
Under	6	Pass Right Natural Under Four Left Rotate Four Right	Natural Open	Hook/Shuffle
Under	6	PrNU4LRo4R	NO	Hook/Shuffle
Under	6	PrNUL	NO	Hook/Shuffle
Under	2:4:6	PrNU0LRo2R:T4LRo2R:NOBk	NRPe:NO:NO	Walk:Cross Side:Hook/Rock:Point Arch:Shuffle

Table 4.2-2 Example Figure Descriptions

The definitions of the names and abbreviations used in the various figure components are in the applicable Move, Position, and Rhythm Break, and Styling sections, and applicable abbreviation quick reference guide.

A Figure and Amalgamation Work Sheet (Section 4.2.1) is provided which you can use to annotate figures and amalgamations you have already collected or which you buy, trade for, or steal in the future. The Dance Position and Move Abbreviation Guide (Section 3.3.1) and the Dance Position and Move Abbreviation Guide (Book Mark) (Section 3.3.1.1) are provided for using the abbreviations with this work sheet. You can also use the Figure Abbreviation Guide (Section 4.2.1.1) with the work sheet.

When learning a figure, most dancers usually focus first on the leg work in the rhythm break. However, before getting into the details of the rhythm break, it is easier to focus on the position and move (the geometry of the woman's travel, woman's turn, and man's turn between positions) because the rhythm break and style can vary in a move between positions. In other words build the skeleton with moves and positions, and then put the flesh on with rhythm breaks and technique, and finally, inject the spirit with style.

A Figure Amalgamation Journal (Section 4.2.2) is included for annotating your progress in learning the figures and amalgamations contained in *Swing Dancer*.

[illegible]

NAME

TIMING MOVE

DANCE POSITION

RHYTHM BREAK & STYLING

4.2.1-2 Figure and Amalgamation Work Sheet

FIGURE AND AMALGAMATION WORK SHEET

[illegible]

[illegible]

FIGURE GROUP AMALGAMATION JOURNAL NAME _____

SWING

DANCE LEVEL FIGURE GROUPS DANCE LEVEL FIGURE GROUPS DANCE LEVEL FIGURE GROUPS

Figures	1	1 2 3 4 5 6	Opus 1	1	1 2 3 4	Opus 2	1	1 2 3 4
	2	1 2 3 4 5 6		2	1 2 3 4		2	1 2 3 4
	3	1 2 3 4 5 6		3	1 2 3 4		3	1 2 3 4
	4	1 2 3 4 5 6		4	1 2 3 4		4	1 2 3 4
	5	1 2 3 4 5 6		5	1 2 3 4		5	1 2 3 4
	6	1 2 3 4 5 6		6	1 2 3 4		6	1 2 3 4
	7	1 2 3 4 5 6		7	1 2 3 4		7	1 2 3 4
	8	1 2 3 4 5 6		8	1 2 3 4		8	1 2 3 4

Opus 3	1	1 2 3 4	Opus 4	1	1 2 3 4	Opus 5	1	1 2 3 4
	2	1 2 3 4		2	1 2 3 4		2	1 2 3 4
	3	1 2 3 4		3	1 2 3 4		3	1 2 3 4
	4	1 2 3 4		4	1 2 3 4		4	1 2 3 4
	5	1 2 3 4		5	1 2 3 4		5	1 2 3 4
	6	1 2 3 4		6	1 2 3 4		6	1 2 3 4
	7	1 2 3 4		7	1 2 3 4		7	1 2 3 4
	8	1 2 3 4		8	1 2 3 4		8	1 2 3 4

Opus 6	1	1 2 3 4	Opus 7	1	1 2 3 4	Opus 8	1	1 2 3 4
	2	1 2 3 4		2	1 2 3 4		2	1 2 3 4
	3	1 2 3 4		3	1 2 3 4		3	1 2 3 4
	4	1 2 3 4		4	1 2 3 4		4	1 2 3 4
	5	1 2 3 4		5	1 2 3 4		5	1 2 3 4
	6	1 2 3 4		6	1 2 3 4		6	1 2 3 4
	7	1 2 3 4		7	1 2 3 4		7	1 2 3 4
	8	1 2 3 4		8	1 2 3 4		8	1 2 3 4

<u>DANCE</u>	<u>FIGURE GROUPS</u>
Baby What You Do To Me	1 2 3 4 5 6 7 8 9
Blue Finger Loo	1 2 3 4 5 6 7 8 9 10
Early In The Morning	1 2 3 4 5 6 7 8 9
Green Door	1 2 3 4 5 6 7 8 9
Honky Tonk	1 2 3 4 5 6 7
Hot Hot Hot	1 2 3 4 5 6 7 8 9 10
I Ain't Lying	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15
St. Louis Blues March	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17
Sunshine	1 2 3 4 5 6 7 8 9
The Way You Make Me Feel	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16
Tuxedo Junction 1	1 2 3 4 5 6 7 8 9 10 11 12
Tuxedo Junction 2	1 2 3 4 5 6 7 8 9 10 11
_____	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
_____	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
_____	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
_____	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
_____	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
_____	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
_____	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
_____	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
_____	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18

DANCE	LEVEL	FIGURE GROUPS
Jitterbug	1	1 2 3 4
	2	1 2 3 4
	3	1 2 3 4
	4	1 2 3 4
	5	1 2 3 4
	6	1 2 3 4
	7	1 2 3 4
	8	1 2 3 4
	Bumble Boogie	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
	Rock Around The Clock 1	1 2 3 4 5 6 7 8 9
		1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
		1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
		1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
Lindy Hop	1	1 2 3 4
	2	1 2 3 4
	3	1 2 3 4
	4	1 2 3 4
	5	1 2 3 4
	6	1 2 3 4
	7	1 2 3 4
	8	1 2 3 4
	Albis Boogie	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
	In The Mood	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16
	Great Balls of Fire	1 2 3 4 5 6 7 8 9 10
	Rockin At Midnight	1 2 3 4 5 6 7 8 9 10 11
	Rock Around The Clock 2	1 2 3 4 5 6 7 8 9
Carolina Shag		1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
		1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
		1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
	1	1 2 3 4
	2	1 2 3 4
	3	1 2 3 4
	4	1 2 3 4
	5	1 2 3 4
	6	1 2 3 4
	7	1 2 3 4
	8	1 2 3 4
		1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
		1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
		1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
Hustle	1	1 2 3 4
	2	1 2 3 4
	3	1 2 3 4
	4	1 2 3 4
	5	1 2 3 4
	6	1 2 3 4
	7	1 2 3 4
	8	1 2 3 4
		1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
		1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
		1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18

SWING FIGURES, LEVEL 1

NUM	NAME	TIMING	MOVE	DANCE POSITION	RHYTHM BREAK
1		32	RHYTHM - 66668 Commencing in	Natural Open [NO]	
1	Push	6	Push [Pu]	Natural Open [NO]	Sailor
2	Beneath	6	Pass Left/Natural Beneath 4 Right [PI/NBe4R]	Natural Open [NO]	Sailor
3	Under	6	Pass Right/Natural Under 4 Left [Pr/NU4L]	Natural Open [NO]	Sailor
4	Pass	6	Pass Left/Turn 4 Left & Rotate 4 Left [PI/T4L&Ro4L]	Natural Open [NO]	Sailor
5	Whip	8	Closed Whip Right/Turn 8 Right & Rotate 8 Right [CIWr/T8R&Ro8R]	Natural Open [NO]	Sailor
2		32	RHYTHM - 66668 Commencing in	Natural Open [NO]	
1	Push	6	Push [Pu]	Natural Open [NO]	Kick:Figure Fore
2	Beneath Dubs	6	Pass Left/Natural Beneath Right [PI/NBeR]	Natural Open [NO]	Sailor
3	Pivots Right	6	Pass Right/Natural Under Right [Pr/NUR]	Natural Open [NO]	Pivots Right:Together/ Sailor (Catch Elbow on 3)
4	Pass	6	Pass Left [PI]	Natural Open [NO]	Sailor
5	Whip Under Left	8	Whip Right/Natural Under Left [Wr/NUL]	Natural Open [NO]	Swivel Left:Together/ Sailor
3		32	RHYTHM - 66668 Commencing in	Natural Open [NO]	
1	Push	6	Push [Pu]	Natural Open [NO]	Swivel Toe Heel (18 Beats)
2	Beneath 12R	6	Pass Left/Natural Beneath 12 Right [PI/N12BeR]	Natural Open [NO]	Sailor
3	Under	6	Pass Right/Natural Under Left [Pr/NUL]	Natural Open [NO]	Sailor
4	Pivots Left	6	Pass Left/Natural Under Left [PI/NUL]	Natural Open [NO]	Pivots Left:Together/ Sailor (Shape Elbow on 2)
5	Whip Under Right	8	Whip Right/Natural Under Right [Wr/NUR]	Natural Open [NO]	Swivot Pivot Right:Together/Sailor

NUM	NAME	TIMING	MOVE		DANCE POSITION	RHYTHM BREAK
4		32	RHYTHM - 66668	Commencing in	Natural Open [NO]	
1	Push	6	Push [Pu]		Natural Open [NO]	Cross Travel
2	Beneath	6	Pass Left/Natural Beneath Right [PI/NBeR]		Natural Open [NO]	Sailor
3	Under Beneath	6	Pass Right/Natural Under Left/Beneath Right [Pr/NULBeR]		Natural Right Perpend [NRPe]	Sailor/Sailor Pivot
4	Pass	6	Pass Left [PI]		Natural Open [NO]	Sailor
5	Whip Beneath	8	Whip Right/Natural Beneath Right [Wr/NBeR]		Natural Open [NO]	Sailor/Sailor Pivot
5		32	RHYTHM - 66668	Commencing in	Closed [CI]	
1	Closed Break	6	Closed Break [CIBk]		Closed [CI]	Swivel Cross
2	Beneath	6	Pass Left/Natural Beneath Right [PI/NBeR]		Natural Open [NO]	Sailor
3	Under	6	Pass Right/Natural Under Left [Pr/NUL]		Natural Open [NO]	Point
4	Pass	6	Pass Left [PI]		Natural Open [NO]	Shuffles
5	Whip Closed	8	Whip Right [Wr]		Closed [CI]	Sailor
6		32	RHYTHM - 66668	Commencing in	Closed [CI]	
1	Closed Break	6	Closed Break [CIBk]		Closed [CI]	Shuffle Swivel
2	Tuck	6	Pass Left/Natural Under Right [PI/NUR]		Natural Open [NO]	Tuck Chasse Right:Together/ Sailor
3	Under Closed	6	Pass Right/Natural Under Left [Pr/NUL]		Closed [CI]	Twinkle Left:Sailor/Sailor
4	Pass	6	Pass Left [PI]		Natural Open [NO]	Sailor
5	Whip Closed	8	Whip Right [Wr]		Closed [CI]	Rock

SWING FIGURES, LEVEL 2

NUM	NAME	TIMING	MOVE	DANCE POSITION	RHYTHM BREAK
1		32	RHYTHM - 66668 Commencing in	Double Open [DO]	
1	Push	6	Push [Pu]	Double Open [DO]	Sailor
2	Pass Dubbing	6	Pass Left/Natural Beneath 0 Right & Beneath 0 Left & Rotate 4 Left [PI/NBeOR&BeOL&Ro4L]	Double Open [DO]	Scotch:Scuff/Split:Slide Together
3	Under	6	Pass Right/Double Under Left [Pr/DUL]	Reverse Double Open [ReDO]	Sailor
4	Beneath	6	Pass Left/Double Beneath Right [PI/DBeR]	Double Open [DO]	Scotch:Cross/Split:Crosswind
5	Basket Whip	8	Natural Under 0 Left Reverse Basket Natural Pin Tandem Whip Right [NUOLReBNPITmWr]	Double Open [DO]	Sailor
2		32	RHYTHM - 66668 Commencing in	Double Open [DO]	
1	Push	6	Push/Natural Under Right [Pu/NUR]	Double Right Vine [DRV]	Tuck
2	Pivots Left	6	Pass Right/Natural Under Right [Pr/NUL]	Double Open [DO]	Pivots Left
3	Back Roll	6	Pass Right/Double Under Right/Beneath Left [Pr/DUR/DBeL]	Natural Double Open [NDO]	Swivot Pivot Right:Together/Swivel:Point Side
4	Pivots Left	6	Pass Left/Double Under Left [PI/DUL]	Double Open [DO]	Pivots Left:Sailor/Sailor
5	Basket Whip Under Left	8	Natural Under 0 Left Reverse Basket Natural Pin Tandem Whip Right/Natural Under 8 Left [NUOLReBNPITmWr/NU8L]	Double Open [DO]	Backward Swivot Left:Sailor/Sailor
3		32	RHYTHM - 66668 Commencing in	Double Open [DO]	
1	Push	6	Push/Reverse Under Left [Pu/ReUL]	Double Left Vine [DLV]	Swivel Wheel (32 Beats)
2	Pivots Right	6	Pass Right/Reverse Under Right [Pr/ReUR]	Double Open [DO]	Pivots Right
3	Tuck Right	6	Pass Right/Natural Under Right [Pr/NUR]	Natural Reverse-Vine Right Prom [DRVPR]	Tuck Chasse Right:Pivots Right/Sailor
4	Pivots Left	6	Pass Left/Natural Under Left [PI/NUL]	Double Open [DO]	Pivots Left:Sailor/Sailor
5	Basket Whip Under Right	8	Natural Under 0 Left Reverse Basket Natural Pin Tandem Whip Right/Natural Under 8 Right [NUOLReBNPITmWr/NU8R]	Double Open [DO]	Backward Swivot Right:Together/Sailor

NUM	NAME	TIMING	MOVE	DANCE POSITION	RHYTHM BREAK
4		32	RHYTHM - 66668 Commencing in	Double Open [DO]	
1	Push	6	Push/Natural Under Right [Pu/NUR]	Double Right Vine [DRV]	Tuck
2	Pass Dubbing	6	Pass Right/Natural Beneath Left & Reverse Beneath Left & Rotate 4 Left [Pr/NBeOL&ReBeOL&Ro4L]	Double Open [DO]	Tuck
3	Under Beneath	6	Pass Right/Double Under Left/Beneath Right [Pr/DUL/BeR]	Double Right Bridge [DRBr]	Sailor
4	Beneath	6	Pass Left/Double Beneath Right [PI/DBeR]	Natural Double Open [NDO]	Sailor/Swivel Sailor Pivot
5	Pin Whip Beneath	8	Natural Under 0 Left Double Pin Tandem Whip Right/Reverse Under 0 Left & Double Beneath Right [NUOLPiTmWr/ReUOL/DBeR]	Natural Staple Open [NSO]	Sailor/Hook Unwind
5		32	RHYTHM - 886 10 Commencing in	Double Closed [DCI]	
1	Closed Shuttle	8	Double Closed Break [DCIBk]	Double Closed [DCI]	Shuttle
2	Pivots Left Dubbing	8	Pass Left/Natural Under Left/Beneath 0 Right & Rotate 8 Left [PI/NUL/BeOR&Ro8L]	Natural Crossed Right Perpend [NXRPe]	Pivots Left:Hip Slip/Freeze:Lift Right
3	Pass	6	Pass Left [PI]	Natural Open [NO]	Sashay/Sailor
4	Waist Whip	10	Reverse Waist Tandem Whip Right [ReWaTmWr]	Closed [CI]	Hip Roll:Split Shimmy/Lunge Crouch
6		32	RHYTHM - 866 12 Commencing in	Closed [CI]	
1	Swing Trot	8	Closed Prom Break [CIPBk]	Closed [CI]	Swing Trot
2	Tuck Left	6	Pass Left/Turn 24 Right/Rotate 16 Right [PI/T24RRo16R]	Natural Open [NO]	Tuck Chasse Right:Spin Right/Unwind:Spin Right
3	Beneath	6	Pass Left/Double Beneath Right [PI/DBeR]	Natural Double Open [NDO]	Sailor/Split:Crosswind
4	Basket Flip Whip Right	12	Natural Under 0 Left Double Basket Flip Whip Right [NUOLDBFpWr]	Double Open [DO]	Sailor

SWING FIGURES, LEVEL 3

NUM	NAME	TIMING	MOVE	DANCE POSITION	RHYTHM BREAK
1		32	RHYTHM - 66668 Commencing in	Natural Open [NO]	
1	Push	6	Push/Natural Crescent [Pu/NCc]	Natural Crossed Open [NXO]	Kick Drag/Kick Over
2	Beneath	6	Pass Left/Natural Crossed Beneath 4 Right [PI/NXBe4R]	Natural Crossed Open [NXO]	Swivel Split/Stag Split:Crosswind
3	Under	6	Pass Right/Natural Crossed Under Left [Pr/NXUL]	Natural Crossed Open [NXO]	Swivel Spiral
4	Pass	6	Pass Left [PI]	Natural Crossed Open [NXO]	Swivot Cross
5	Vine Whip	8	Natural Crossed Vine Whip Right [NXVWr]	Natural Open [NO]	Sailor
2		32	RHYTHM - 66668 Commencing in	Natural Open [NO]	
1	Push	6	Push/Natural Crescent [Pu/NCc]	Natural Crossed Open [NXO]	Scuff:Scuff/Scuff (Arm Spiral)
2	Beneath	6	Pass Left/Natural Crossed Beneath 8 Right [PI/NXBe8R]	Natural Crossed Loop Bridge [NXLoBr]	Hook Cuban/Spin Right
3	Pivots Right	6	Pass Right/Natural Crossed Under Right & Rotate 4L [Pr/NXUR&Ro4L]	Natural Crossed Bridge [NXBr]	Pivots R:Scuff/Scuff
4	Pass	6	Pass Left Rotate 4 Right & Rotate 12 Left [PI/Ro4R&Ro4L]	Natural Crossed Open [NXO]	Hip Lift/Swivel Spin
5	Vine Whip Turn Left	8	Natural Crossed Vine Whip Right/Turn Left [NXVWr/TL]	Natural Open [NO]	Ronde
3		32	RHYTHM - 66668 Commencing in	Natural Open [NO]	
1	Push	6	Push/Natural Crescent [Pu/NCc]	Natural Crossed Open [NXO]	Crossed Side:Fig Fore/Fig Fore
2	Beneath Dubs	6	Pass Left/Natural Crossed Beneath 4 Right [PI/NXBe4R]	Natural Crossed Open [NXO]	Quiver
3	Under	6	Pass Right/Natural Crossed Under Left [Pr/NXUL]	Natural Crossed Bridge [NXBr]	Hook Swivel/Double Dubs
4	Pivots Left	6	Pass Left/Natural Crossed Under Left & Beneath 8 Right [PI/NXUL&Be8R]	Natural Crossed Open [NXO]	Pivots Left:Fig Fore/Split Crosswind
5	Vine Whip Turn Right	8	Natural Crossed Vine Whip Right/Natural Crossed Turn Right [NXVWr/NXTR]	Natural Crossed Open [NXO]	Swivot Pivot Right:Cross Lunge/Cross Lunge

NUM	NAME	TIMING	MOVE	DANCE POSITION	RHYTHM BREAK
4		32	RHYTHM - 66668 Commencing in	Natural Open [NO]	
1	Push	6	Push/Natural Crossed Turn Left & Natural Crossed Under Right [Pu/NXTL&NXUR]	Natural Crossed Open [NXO]	Fig Back:Fig Fore
2	Under Beneath	6	Pass Right/Natural Crossed Under Left & Beneath 8 Right [Pr/NXUL&Be8R]	Natural Crossed Bridge [NXBr]	Point Side/Sailor Pivot
3	Beneath Rotate	6	Pass Left/Natural Crossed Beneath 4 Right & Rotate 14 Left [Pl/NXBe4R&Ro14L]	Natural Crossed Right Perpend [NXRPe]	Ronde Toe Stab/Lift Spin Left
4	Pass	6	Pass Left [Pl]	Natural Crossed Open [NXO]	Swishes/Sailor
5	Vine Whip Beneath	8	Whip Right/Natural Crossed Turn Right & Natural Crossed Beneath Right & Curl Left [Wr/NXTR&NXBeR&CL]	Natural Crossed Open [NXO]	Swivot Pivot Right:Spot Drag/Sailor Pivot
5		32	RHYTHM - 66668 Commencing in	Closed [Cl]	
1	Push	6	Push [Pu]	Closed [Cl]	Penguin
2	Tuck Left	6	Pass Left/Natural Under Right [Pl/NUR]	Natural Open [NO]	Tuck Figure Fore Right:Cross Lunge/Cross Lunge
3	Under	6	Pass Right/Natural Under Left & Rotate 2 Right [Pr/NUL&Ro2R]	Natural Crossed Bridge [NXBr]	Twinkle Away/Crosses
4	Pass	6	Pass Left [Pl]	Natural Open [NO]	Slide Twist/Lunge
5	Whip Curl	8	Whip Right/Natural Crossed Turn Right & Natural Crossed Curl Left [Wr/NXTR&NXCL]	Natural Open [NO]	Drape Collect/Crosses
6		32	RHYTHM - 66668 Commencing in	Natural Open [NO]	
1	Push	6	Push/Natural Crescent [Pu/Cc]	Natural Crossed Open [DXO]	Point:Cross Drag
2	Beneath	6	Pass Left/Natural Crossed Beneath 12 Right [Pl/NXBe12R]	Natural Crossed Open [NXO]	Swivel Drag/Spin Right
3	Under Crescent	6	Pass Right/Natural Crossed Under Left & Natural Crossed Crescent [Pr/NXUL/NXCc]	Closed [Cl]	Hip Roll/Sailor
4	Pivots Left	6	Pass Left/Turn Left [Pl/TL]	Natural Open [NO]	Pivots Left:Spin Left Stag/Sailors
5	Texas Tommy	8	Whip Right/Natural Crossed Lindy Right [Wr/NXLR]	Natural Crossed Vine:Natural Open [NXV:NO]	Jazz Freeze

SWING FIGURES, LEVEL 4

NUM	NAME	TIMING	MOVE		DANCE POSITION	RHYTHM BREAK
1		32	RHYTHM - 66668	Commencing in	Reverse Double Crossed Open [ReDXO]	
1	Push	6	Push [Pu]		Reverse DX Open [ReDXO]	Split Freeze
2	Beneath	6	Pass Left/Double Crossed Beneath 4R [PI/DXBe4R]		Natural Double Crossed Open [NDXO]	Wiggle Down
3	Under	6	Pass Right/Double Crossed Under Left [Pr/DXUL]		Reverse Double Crossed Open [ReDXO]	Sailor/Flick Scuff
4	Tuck Left	6	Pass Left/Double Crossed Under Right [PI/DXUR]		Natural Double Crossed Open [NDXO]	Tuck Figure Four:Cross Lunge/Sailor
5	Tandem Whip	8	Reverse Crossed Under 0 Left Tandem Whip Right/Natural Crossed Under 0 Left [ReXUOLtmWr/NXUOL]		Reverse Double Crossed Open [ReDXO]	Sailor
2		32	RHYTHM - 66668	Commencing in	Reverse Double Crossed Open [ReDXO]	
1	Push	6	Push [Pu]		Reverse Double Crossed Open [ReDXO]	Slide:Lunge Point Back
2	Pass Dubbing	6	Pass Left/Natural Crossed Beneath 0 Right & Natural Crossed Beneath 0 Left & Rotate 4 Left [PI/NXBeOR&NXBeOL&Ro4L]		Reverse Double Crossed Open [ReDXO]	Shuffles/Sailor Swivel
3	Back Roll	6	Pass Right/Double Crossed Under Right/Beneath Left [Pr/DXUR/BeL]		Natural Double Crossed Open [NDXO]	Swivot Pivots Right: Together/Swivel Point Side
4	Pass Dubbing	6	Pass Left/Reverse Crossed Beneath 0 Right & Reverse Crossed 0 Left & Rotate 4 Left [PI/ReXBeOR&ReXBeOL&Ro4L]		Natural Double Crossed Open [NDXO]	Sashay/Sailor Swivel
5	Tandem Whip Under Left	8	Reverse Crossed Under 0 Left Tandem Whip Right/Natural Crossed Under 8 Left [ReXUOLtmWr/NXU8L]		Reverse Double Crossed Open [ReDXO]	Swivot Pivot Left: Cross Lunge/Sailor
3		32	RHYTHM - 66668	Commencing in	Reverse Double Crossed Open [ReDXO]	
1	Push	6	Push [Pu]		Reverse Double Crossed Open [ReDXO]	Slide Lunge Drag/Sailor
2	Beneath	6	Pass Left/Double Crossed Beneath 4 Right [PI/DXBe4R]		Natural Double Crossed Open [NDXO]	Sailor/Sailor Turn
3	Tuck Right	6	Pass Right/Reverse Crossed Under 2 Left & Reverse Crossed Halo 6 Right [Pr/ReXU2L&ReXH6R]		Natural Crossed Reverse Crossed-Halo Open [NXReX-HO]	Tuck Figure:Scuff Pivot/Sailor
4	Pivots Left Beneath Right	6	Pass Left/Natural Crossed Under Left/Double Crossed Beneath 8 Right [PI/NXUL&DXBe8R]		Natural Double Crossed Open [NDXO]	Pivots Left:Together/Sailor Turn
5	Tandem Whip Under Right	8	Reverse Crossed Under 0 Left Tandem Whip Right/Reverse Crossed Under 8 Right [ReXUOLtmWr/ReXU8R]		Natural Double Crossed Open [NDXO]	Shimmy:Swivot Pivot Right:Together/Sailor

NUM	NAME	TIMING	MOVE		DANCE POSITION	RHYTHM BREAK
4		32	RHYTHM - 66668	Commencing in	Reverse Double Crossed Open [ReDXO]	
1	Push	6	Push [Pu]		Reverse Double Crossed Open [ReDXO]	Sailor
2	Beneath	6	Pass Left/Double Crossed Beneath 4 Right [Pi/DXBe4R]		Natural Double Crossed Open [NDXO]	Sailor/Sailor Pivot
3	Under Beneath	6	Pass Right/Double Crossed Under Left & Beneath Right [Pr/DXUL&BeR]		Natural Double Crossed Bridge [NDXBr]	Sailor/Swivel:Sailor
4	Pass Dubbing	6	Pass Left/Reverse Crossed Beneath 0 Right & Beneath 0 Left & Rotate 4 Left [Pi/ReXBe0R&Be0L&Ro4L]		Natural Double Crossed Open [NDXO]	Sailor/Sailor Swivel
5	Halo Whip Beneath	8	Reverse Crossed Under 4 Left Natural Crossed Halo Whip Right/Reverse Crossed Under 8 Right & Double Crossed Beneath 8 Left		Reverse Double Crossed Open [NDXO]	Sailor/Sailor Swivel
5		32	RHYTHM - 66668	Commencing in	Reverse Double Crossed Open [ReDXO]	
1	Push	6	Push/Double Crossed Under Right [Pu]		Natural Double Crossed Open [NDXO]	Tuck/Sailor
2	Pass Dubbing	6	Pass Left/Natural Crossed Beneath 0 Right & Natural Crossed Beneath 0 Left & Rotate 4 Left [Pi/NXBe0R&NXBe0L&Ro4L]		Reverse Double Crossed Open [ReDXO]	Shuffles/Sailor Swivel
3	Under Moon	6	Pass Right/Double Crossed Under Left & Natural Crossed Moon & Reverse Crossed Crescent [Pr/DXUL&NXMn&ReXCc]		Reverse Double Crossed Halo [ReDXH]	Split Freeze/Penguin
4	Whip Left	6	Whip Left/Turn Right & Rotate Right [Wi/TR&RoR]		Natural Crossed Open [NXO]	Tuck X Side:Spin R/Sailor
5	Vine Whip Halo	8	Reverse Crossed Under 4 Left Natural Crossed Vine Whip Right/Reverse Crossed Under & Vine 12 Right [ReXU4LNXVWr/ReXU&V12R]		Reverse Halo Closed [ReXVCI]	Swivot Pivot Right:Together/Sailor
6		32	RHYTHM - 66668	Commencing in	Reverse Crossed Halo [ReXH]	
1	Halo Break	8	Reverse Crossed Halo Break [ReXHOBk]		Reverse Crossed Halo [ReXH]	Shoulder Yo Yo
2	Pivots Left Curl	6	Pass Left/Reverse Crossed Turn Left & Curl Right [Pi/ReXTL&CR]		Natural Crossed Reverse Crossed Curl Open [NXReXCO]	Pivots Left:Together/Sailor
3	Wing Pivots Left Beneath Right	6	Pass Left/Reverse Crossed Wing Right & Double Crossed Under Left Natural Crossed Beneath 14 Right [Pi/ReXWiR&DXUL&NXBe14R]		Double Crossed Collar Bridge [DXCoBr]	Pivots Left:Together/Sailor
4	Pivots Left Beneath Right	6	Pass Left/Double Crossed Under Left & Natural Crossed Beneath Right [Pi/DXUL&NXBeR]		Double Crossed Bridge [DXBr]	Pivots Left:Together/Sailor
5	Burrow Whip	6	Pass Left/Turn 4 Left & Burrow Whip Right [Pi/T4L&BuWr]		Natural Open [NO]	Jazz Slide/Sailor

SWING FIGURES LEVEL 1-4 SUMMARY

NATURAL SWING FIGURES, LEVEL 1 SUMMARY

TIMING	GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5	GROUP 6
6	Push	Push	Push	Push	Closed Break	Closed Break
6	Beneath	Beneath Dubs	Beneath	Beneath	Beneath	Tuck
6	Under	Pivots Right	Under	Under Beneath	Under	Under Closed
6	Pass	Pass	Pivots Left	Pass	Pass	Pass
8	Whip	Whip Under Left	Whip Under Right	Whip Beneath	Whip Closed	Whip Closed
Push Breaks		Kick:Figure Fore	Toe Heel Swivels	Cross Travel	Swivel Cross	Shuffle Swivels
Breaks	Sailor	Shuffles		Point		Rock

DOUBLE SWING FIGURES, LEVEL 2 SUMMARY

TIMING	GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5	GROUP 6
6	Push	Push	Push	Push	Closed Break	Closed Break
6	Pass Dubbing	Pass Dubbing	Pass Dubbing	Pass Dubbing	Pivots L Dubbing	Tuck Left
6	Under	Back Roll	Tuck Right	Under Beneath		
6	Beneath	Pivots Left	Pivots Left	Beneath	Pass	Beneath
8	Basket Whip	Basket Whip UL	Basket Whip UR	Pin Whip Beneath	Waist Whip	Basket Flip Whip R
Push Breaks		Jam Stag Fig:Four	Swivel Wheel	Quadruple Circle	Shuttle	Swing Trot

NATURAL CROSSED SWING FIGURES, LEVEL 3 SUMMARY

TIMING	GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5	GROUP 6
6	Push	Push	Push	Push	Push	Push
6	Beneath	Beneath	Beneath Dubs	Under Beneath	Tuck Left	Beneath
6	Under	Pivots Right	Under	Beneath Rotate	Under	Under Crescent
6	Pass	Pass	Pivots Left	Pass	Pass	Pivots Left
8	Vine Whip	Vine Whip Turn L	Vine Whip Turn R	Vine Whip Beneath	Whip Curl	Whip Vine Turn
Push Breaks	Kick Drag	Scuff:Scuff	Figure Fore	Fig B:Fig F	Penquin	Point Cross Drag

DOUBLE CROSSED SWING FIGURES, LEVEL 4 SUMMARY

TIMING	GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5	GROUP 6
6	Push	Push	Push	Push	Push	Halo Break
6	Beneath	Pass Dubbing	Beneath	Beneath	Beneath	Pivots Left Curl
6	Under	Back Roll	Tuck Right	Under Beneath	Under Moon	Wing Pivots L Beneath R
6	Tuck Left	Pass Dubbing	Pivots L Beneath R	Pass Dubbing	Tuck Whip Left	Pivots L Beneath R
8	Tandem Whip	Tandem Whip UL	Tandem Whip UR	Halo Whip Beneath	Vine Whip Halo	Burrow Whip
Push Breaks	Split Freeze		Side Lunge Drag			Boggie Down

SWING DANCER'S NOTES

SWING OPEN POSITION FIGURE ETUDE 1

BEATS TIMING	GROUP-COUPLE MOVES	MOVE VARIATIONS													
		UL	UR	TL	TR	TkR	BeL	BeR	RoL	RoR	PC	Wh	Fl	Sd	CC
1-32	1 - Natural														
1-6	Push	X	X	X	X	X	X	X	X	X	X	X	X		X
1-6	Pass Right	X	X	X	X	X	X	X	X	X	X			X	X
1-6	Pass Left	X	X	X	X	X	X	X	X	X	X				X
1-6	Closed Whip Left	X	X	X	X	X	X	X	X	X	X		X	X	X
1-8	Closed Whip Right	X	X	X	X	X	X	X	X	X	X		X	X	X
1-32	2 - Double														
1-6	Push	X	X	X	X	X	X	X	X	X	X	X	X		X
1-6	Pass Right	X	X	X	X	X	X	X	X	X	X			X	X
1-6	Pass Left	X	X	X	X	X	X	X	X	X	X				X
1-6	Wrap Whip Left	X	X	X	X	X	X	X	X	X	X	X	X	X	X
1-8	Basket Whip Right	X	X	X	X	X	X	X	X	X	X	X	X	X	X
1-32	3 - Natural Crossed														
1-6	Push	X	X	X	X	X	X	X	X	X	X	X	X		X
1-6	Pass Right	X	X	X	X	X	X	X	X	X	X				X
1-6	Pass Left	X	X	X	X	X	X	X	X	X	X		X		X
1-6	Closed Whip Left	X	X	X	X	X	X	X	X	X	X	X	X	X	X
1-8	Closed Whip Right	X	X	X	X	X	X	X	X	X	X	X	X	X	X
1-32	4 - Double Crossed														
1-6	Push	X	X	X	X	X	X	X	X	X	X	X	X		X
1-6	Pass Right	X	X	X	X	X	X	X	X	X	X			X	X
1-6	Pass Left	X	X	X	X	X	X	X	X	X	X				X
1-6	Bridge Whip Left	X	X	X	X	X	X	X	X	X	X	X	X	X	X
1-8	Tandem Whip Right	X	X	X	X	X	X	X	X	X	X	X	X	X	X
1-32	5 - Reverse														
1-6	Push	X	X	X	X	X	X	X	X	X	X	X	X		X
1-6	Pass Right	X	X	X	X	X	X	X	X	X	X			X	X
1-6	Pass Left	X	X	X	X	X	X	X	X	X	X				X
1-6	Whip Left	X	X	X	X	X	X	X	X	X	X		X	X	X
1-8	Whip Right	X	X	X	X	X	X	X	X	X	X		X	X	X
1-32	6 - Reverse Crossed														
1-6	Push	X	X	X	X	X	X	X	X	X	X	X	X		X
1-6	Pass Right	X	X	X	X	X	X	X	X	X	X				X
1-6	Pass Left	X	X	X	X	X	X	X	X	X	X		X		X
1-6	Closed Whip Left	X	X	X	X	X	X	X	X	X	X		X	X	X
1-8	Closed Whip Right	X	X	X	X	X	X	X	X	X	X		X	X	X

MOVE VARIATIONS KEY

Be	Beneath	L	Left	R	Right	Tk	Tuck
CC	Couple Change	PC	Position Change	Ro	Rotate	T	Turn
Fl	Flirtation	Wh	Wheel Whip	Sd	Sliding Door	U	Under

SWING DANCER'S NOTES

UNITED STATES SWING DANCE COUNCIL'S BEGINNING SWING FIGURES

The following figures are the United States Swing Dance Council's (USSDC) Swing figures recommended for beginners. The figures are presented in a danceable order, with a Sailor rhythm break. See the Sailor Rhythm Break section for a detailed description of the Sailor rhythm break in the figures.

NUM	NAME	TIMING	MOVE	DANCE POSITION	RHYTHM BREAK
1	Four Beat Starter Step	4	Closed Break [CIBk]	Natural Closed [NCI]	Chasse:Sailor
2	Throwout	6	Pass Left [PI]	Natural Open [NO]	Cross-Drag:Sailor/ Sailor:Sailor
2	Slingshot Throwout	6	Pass Left [PI]	Natural Open [NO]	Run:Sailor/Sailor:Sailor
3	Underarm Turn	6	Pass Right/Under Left [Pr/UL]	Natural Open [NO]	Cross-Side:Sailor/Sailor
4	Left Side Pass	6	Pass Left [PI]	Natural Open [NO]	Cross-Side:Sailor/ Sailor:Sailor
5	Push Break (Sugar Push)	6	Push [Pu]	Natural Open [NO]	Sailor
6	Underarm Turn with Hand Change	6	Pass Right/Natural Under Left [Pr/NUL]	Natural Crossed Bridge [NXBr]	Cross-Side:Sailor/ Sailor:Sailor
7	Right Side Pass	6	Pass Left [PI]	Natural Open [NO]	Cross-Side:Sailor/ Sailor:Sailor
8	Turning Basic	6	Pass Right [Pr]	Natural Closed [NCI]	Run:Sailor/Chasse:Sailor
9	Basic Tuck In (from Closed)	6	Pass Left/Natural Under Right [PI/NUR]	Natural Open [NO]	Tuck Chasse:Sailor/ Sailor:Sailor
10	Whip	8	Whip Right [Wr]	Natural Open [NO]	Sailor

SWING DANCER'S NOTES

LINDY HOP FIGURES, LEVEL 1

NUM	NAME	TIMING	MOVE		DANCE POSITION	RHYTHM BREAK
1		48	RHYTHM - 888888	Commencing in	Natural Prom [NP]	
1		8	Natural Prom Break [NPBk]		Natural Prom [NP]	Jockeying
2		8	Natural Prom Break [NPBk]		Natural Prom [NP]	Jockeying
3		8	Natural Prom Break [NPBk]		Natural Prom [NP]	Jockeying
4		8	Whip Right [Wr]		Natural Prom [NP]	Triple Lindy/Delay Lindy
5		8	Whip Right [Wr]		Natural Open [NO]	Triple Lindy/Delay Lindy
6		8	Whip Right [Wr]		Natural Prom [NP]	Triple Lindy/Delay Lindy
2		48	RHYTHM - 66666666	Commencing in	Natural Prom [NP]	
1		6	Natural Prom Break [NPBk]		Natural Prom [NP]	Jig Walk
2		6	Natural Prom Break [NPBk]		Natural Prom [NP]	Jig Walk
3		6	Pass Left/Natural Under Right [PI/NUR]		Natural Prom [NP]	Single
4		6	Natural Closed Break [NCIBk]		Natural Prom [NP]	Mooch
5		6	Natural Closed Break [NCIBk]		Natural Prom [NP]	Mooch
6		6	Pass Left/Natural Under Right [PI/NUR]		Natural Prom [NP]	Single
7		6	Natural Prom Break [NPBk]		Natural Prom [NP]	Swing Trot
8		6	Natural Prom Break [NPBk]		Natural Prom [NP]	Swing Trot
3		48	RHYTHM - 888888	Commencing in	Open [O]	
1		8	Open Break Rotate 2 Left&Turn 2 Right [OBkRo2L&T2R]		Open [O]	Squat Chicken
2		8	Open Break Rotate 2 Left&Turn 2 Right [OBkRo2L&T2R]		Open [O]	Squat Chicken
3		8	Open Break Rotate 4 Left&Turn 4 Right [OBkRo4L&T4R]		Open [O]	Squat Chicken
4		8	Open Break [OBk]		Open [O]	Squat Chicken
5		4:8	Natural Crossed Open Break:Reverse Crossed Open Break [NXOBk:ReXOBk]		Reverse Crossed Open:Natural Crossed Open [ReXO:N XO]	Kicks Hand to Hand
6		4:8	Natural Crossed Open Break:Reverse Crossed Open Break [NXOBk:ReXOBk]		Reverse Crossed Open:Natural Crossed Open [ReXO:N XO]	Kicks Hand to Hand

NUM	NAME	TIMING	MOVE	DANCE POSITION	RHYTHM BREAK
4		48	RHYTHM - 888888 Commencing in	Open [O]	
1		8	Open Break Rotate 8 Left&Turn 8 Right [OBkRo8L&T8R]	Double Crossed Tandem [DXTm]	Kick Turn
2		8	Double Crossed Tandem Break [DXTmBk]	Double Crossed Tandem [DXTm]	Skate C0
3		8	Open Break Rotate 8 Left&Turn 12 Left [OBkRo8L&T12L]	Double Crossed Br [DXBr]	Skate C1
4		8	Double Crossed Bridge Break [DXBrBk]	Double Crossed Br [DXBr]	Skate C2
5		8	Open Break Rotate 8 Right&Turn 12 Right [OBkRo8R&T12R]	Natural Open [NO]	Skate C3
6		8	Whip Right [Wr]	Natural Open [NO]	Kick Away
5		48	RHYTHM - 888888 Commencing in	Natural Open [NO]	
1		8	Whip Right [Wr]	Natural Open [NO]	Kick Away
2		8	Whip Right [Wr]	Right Prom [RP]	Kick Away
3		8	Right Prom Break [RPBk]	Right Prom [RP]	CharlesC0 Long Leg
4		8	Right Prom Break Rotate 8L&Turn 8L [RPBkRo8L&T8L]	Right Prom [RP]	CharlesC1 Turn
5		8	Right Prom Break Rotate 7L&Turn 5R [RPBkRo7L&T5R]	Natural Open [NO]	CharlesC2 Kick Over
6		8	Whip Right [Wr]	Natural Open [NO]	Kick Away

JITTERBUG FIGURES, LEVEL 1

NUM	NAME	TIMING	MOVE	DANCE POSITION	RHYTHM BREAK
1	Natural	48	RHYTHM - 66666666 Commencing in	Natural Prom [NP]	
1	Break	6	Prom Break [PBk]	Natural Prom [NP]	Chasse
2	Under Right	6	Pass Left/Natural Under Right [PI/NUR]	Natural Open [NO]	Chasse
3	Under Left	6	Pass Right/Natural Under Left [Pr/NUL]	Natural Open [NO]	Chasse
4	Under Beneath Left	6	Pass Right/Natural Under Left & Beneath Left [Pr/NULBeL]	Natural Open [NO]	Chasse
5	Link	6	Pass Right/Turn Right [Pr/TR]	Natural Prom [NP]	Chasse
6	Tuck	6	Pass Left/Turn Right [PiTR]	Natural Crossed Open [NXO]	Tuck Chasse/Chasse
7	Crossed Tuck	6	Natural Crossed Open Turn Right [NXOTR]	Natural Open [NO]	Tuck Chasse/Chasse
8	Under Link	6	Pass Right/Natural Under Left & Whip Right [PR/NUL&Wr]	Natural Prom [NP]	Chasse
2	Double	48	RHYTHM - 66666666 Commencing in	Natural Prom [NP]	
1	Release	6	Pass Left [PI]	Double Open [DO]	Chasse
2	Pass	6	Double Pass Right [DPr]	Double Open [DO]	Chasse
3	Under Basket	6	Pass Right/Natural Under Left & Reverse Basket [Pr/NUL&ReB]	Natural Double R Basket [NDRB]	Chasse
4	Basket Break	6	Natural Double Right Basket Break [NDRBBk]	Natural Double R Basket [NDRB]	Delay Points
5	Under Right	6	Pass Left/Natural Under Right [PI/NUR]	Double Open [DO]	Chasse
6	Tuck	6	Right/Natural Under Right [Pr/NUR]	Natural Open [NO]	Tuck Chasse:Pivot Right/Chasse
7	Under Loop	6	Pass Right/Natural Under Left & Loop Left [Pr/NUL&LoL]	Natural Open [NO]	Chasse
8	Link	6	Pass Right/Whip Right [Pr/Wr]	Natural Prom [NP]	Chasse

NUM	NAME	TIMING	MOVE	DANCE POSITION	RHYTHM BREAK
3	Crossed	48	RHYTHM - 6666 12 66	Commencing in Natural Prom [NP]	
1	Tuck	6	Pass Left/Turn Right [PI/TR]	Natural Crossed Open [NXO]	Tuck Chasse/Chasse
2	Under Curl	6	Pass Right/Natural Crossed Under Left & Curl Left [Pr/NXUL&CL]	Natural Open [NO]	Chasse
3	Wrap Pass	6	Pass Right/Natural Wrap Left [Pr/NWL]	Natural Crossed Open [NXO]	Chasse
4	Under Beneath	6	Pass Right/Natural Crossed Under Left & Beneath Right [Pr/NXYK&BeR]	Natural Crossed Open [BXO]	Chasse
5	Chuggs	12	Natural Crossed Open Break [NXOBk]	Natural Crossed Open [NXO]	Chuggs
6	Crossed Tuck	6	Natural Crossed Open Turn Right [NXOTR]	Natural Crossed Open [NXO]	Tuck Chasse/Chasse
7	Under Crescent	6	Pass Right/Natural Crossed Under Left & Beneath O Right [Pr/NXUNL&BeOR]	Natural Open [NO]	Chasse (Yoke & Arm Slide)
4	Arm Slide	48	RHYTHM - 66666666	Commencing in Natural Open [NO]	
1	Pass	6	Pass Right [Pr]	Double Open [DO]	Chasse
2	Arm Slide	6	Double Pass Right/Reverse Under O Left & Natural Beneath O Left [DPr/ReUOL&NBeOL]	Natural Crossed Open [NXO]	Chasse (Halo & Arm Slide/Yoke & Arm Slide)
3	Vine Pass	6	Vine Pass Right [VPr]	Reverse Open [ReO]	Chasse
4	Basket	6	Pass Right/Reverse Turn Left [Pr/ReTL]	Natural Double R Basket [NDRB]	Chasse
5	Wheel	6	Natural Double Right Basket Wheel Right [NDRBWhr]	Natural Double R Basket [NDRB]	Skips
6	Under Vine	6	Pass Right/Natural Under 12 Right [Pr/NU12R]	N Double Re Vine R Open [NDRvRO]	Chasse
7	Tunnel	6	Blind Whip Right/Natural Beneath O Left & Reverse Beneath O Left [BIWvr/NBeOL&ReBeOL]	Re Double N Vine L Open [ReDNVLO]	Doubles /Doubles
8	Back Roll	2:6	Pass Left/Reverse Under 8 Right:Double Under 16 Right & Beneath 16 Left [PI/ReU8R:DU16R&Be16L]	Double Open:Double Open [DO:DO]	Doubles

JITTERBUG FIGURES, LEVEL 2

NUM	NAME	TIMING	MOVE		DANCE POSITION	RHYTHM BREAK
1	Flirt	48	RHYTHM - 6666888	Commencing in	Double Open [DO]	
1	Under	6	Pass Right/Natural Under Left [Pr/NUL]		Double Open [DO]	Chasse
2	Pass	6	Double Pass Right [DPr]		Double Open [DO]	Chasse
3	Under	6	Pass Right/Double Under Left [Pr/DUL]		Reverse Staple Open [ReSO]	Chasse
4	Staple	6	Reverse Staple Crescent Push [ReScRPu]		Double Flirt Open [DFrO]	Chasse
5	Shuttle	8	Closed Open Break [CIBk]		Closed [CI]	Shuttle
6	Kicking Through	8	Closed Open Break [CIBk]		Natural Closed [NCI]	Kicking Through
7	Chuggs	8	Natural Closed Break [NCIBk]		Natural Closed [NCI]	Chuggs (SSQQQQ)
2	Catapult	48	RHYTHM - 46668684	Commencing in	Natural Prom [NP]	
1	Tuck	4	Pass Left/Turn Right [PI/TR]		Natural Crossed Open [NXO]	Tuck Spin/Chasse
2	Under	6	Pass Right/Natural Crossed Under Left [Pr/NXUL]		Double Crossed Bridge [DCBr]	Chasse
3	Under	6	Pass Right/Reverse Crossed Under Right [Pr/ReXUR]		Reverse Crossed Open [ReXO]	Pivots Right/Chasse
4	Tuck	6	Pass Right/Reverse Crossed Under Right & Reverse Crossed Crescent [Pr/ReXUR&ReXCr]		Natural Prom [NP]	Tuck Chasse:Pivots/Chasse
5	Chuggs	8	Natural Closed Break [NXBk]		Natural Prom [NP]	Chuggs (QQSSQQ)
6	Points	6	Natural Prom Break [NPBk]		Natural Prom [NP]	Points (SSS)
7	Kicks	8	Natural Prom Break [NPBk]		Natural Prom [NP]	Kicks
8	Freeze	4	Natural Prom Break [NPBk]		Natural Prom [NP]	Freeze:Delayed Rock

NUM	NAME	TIMING	MOVE	DANCE POSITION	RHYTHM BREAK
3	Sailors	48	RHYTHM - 48686466	Commencing in Natural Prom [NP]	
1	Release	4	Pass Left [PI]	Natural Open [NO]	Twinkle Away/Sailors
2	Swivels	8	Natural Open Break [NOBk]	Natural Open [NO]	Swivels (SSQQQQ)
3	Beneath	6	Pass Left/Natural Beneath O Right [PI/NBeOR]	Natural Crossed Bridge [NXBr]	Coupe/Delay L:Sailor:Coupe (Arm Slide)
4	Sailor Break	8	Natural Crossed Bridge Break [NXBrBk]	Natural Crossed Bridge [NXBr]	Sailors
5	Pass	6	Natural Crossed Pass Left [NXPI]	Natural Crossed Open [NXO]	Coupe/Delay R:Sailor:Coupe
6	Sailor Break	4	Natural Crossed Open Break [NXOBk]	Natural Crossed Open [NXO]	Sailors
7	Tuck	6	Pass Right/Turn 12 Right & Rotate 8 Left [Pr/T12R&Ro8L]	Natural Crossed Open [NXO]	Tuck Chasse:Pivots/Chasse
8	Under	6	Pass Right/Natural Crossed Under Left [Pr/NXUL]	Natural Open [NO]	Hook Skips (NX Crescent & Armslide)
4	Whips	48	RHYTHM - 12 8 10 2 88	Commencing in Natural Open [NO]	
1	Closed Wheel	12	Whip Right [Wr]	Natural Open [NO]	Lindy Assemble 1
2	Flea Hops	8	Natural Open Break [NOBk]	Natural Open [NO]	Flea Hops
3	Closed Wheel	10	Whip Right [Wr]	Double Open [DO]	Lindy Assemble 1
4	Rock	2	Double Open Break [DOBk]	Double Open [DO]	Rock
5	Kicks	8	Double Open Break [DOBk]	Double Open [DO]	Skip Kicks
6	Whip	8	Whip Right/Natural Under Right & Beneath Left [Wr/NUR&BeL]	Natural Open [NO]	Chasse

CAROLINA SHAG FIGURES, LEVEL 1

NUM	NAME	TIMING	MOVE		DANCE POSITION	RHYTHM BREAK
1		32	RHYTHM - 66668	Commencing in	Natural Closed	
1		6	Closed Break		Natural Prom	Kick:Twinkle
2		6	Pass Left		Natural Open	Hook Together/Twinkle
3		6	Push		Natural Open	Twinkle
4		6	Pass Right/Natural Beneath Left		Natural Open	Anchor
5		8	Whip Right		Natural Right Prom	Twinkle
2		32	RHYTHM - 66668	Commencing in	Natural Closed	
1		6	Pass Left/Natural Rotate Right		Natural Open	Hook Together/Twinkle
2		6	Pass Right		Natural Crossed Bridge	Hook Together
3		6	Pass Left		Natural Open	Hook Together/Twinkle
4		6	Push		Natural Open	Shuffle:Crossover
5		8	Whip Right		Natural Right Prom	Twinkle
3		32	RHYTHM - 66668	Commencing in	Natural Closed	
1		6	Pass Left/Turn Left		Natural Open	Hook Together/Twinkle
2		6	Pass Right		Natural Crossed Bridge	Hook Together
3		6	Pass Left/Rotate Right		Natural Open	Hook Together/Twinkle
4		6	Pass Right/Under Left		Natural Open	Hook Together
5		8	Whip Right		Natural Right Prom	Twinkle
4		32	RHYTHM - 66668	Commencing in	Natural Closed	
1		6	Pass Left/Turn Left & Rotate Right		Natural Open	Hook Together/Twinkle
2		6	Pass Right		Natural Crossed Bridge	Hook Together
3		6	Pass Left/Turn Left		Natural Open	Hook Together/Twinkle
4		6	Pass Right/Natural Beneath 12 Left		Natural Open	Anchor
5		8	Whip Right		Natural Right Prom	Twinkle
5		32	RHYTHM - 66668	Commencing in	Natural Closed	
1		6	Whip Left		Natural Right Prom	Twinkle
2		6	Pass Left		Natural Open	Anchor
3		6	Pass Right		Natural Crossed Bridge	Hook Together
4		6	Pass Left/Turn Left & Rotate R		Natural Open	Hook Together/Twinkle
5		8	Whip Right		Natural Open	Twinkle

CAROLINA SHAG FIGURES, LEVEL 2

NUM	NAME	TIMING	MOVE		DANCE POSITION	RHYTHM BREAK
1		32	RHYTHM - 68 18	Commencing in	Natural Closed	
1		6	Pass Left/Rotate Left		Natural Open	Lift Kick Spin
2		8	Whip Right		Natural Closed	
3		18	Closed Break		Natural Closed	Belly Roll
2		32	RHYTHM - 66668	Commencing in	Natural Closed	
1		6	Pass Left		Natural Open	
2		6	Push		Natural Open	Kickback
3		6	Push		Natural Open	Lean Triple
4		6	Pass Right/Beneath Left		Natural Open	Twinkle
5		8	Whip Right		Natural Open	Drag Back
3		32	RHYTHM - 66668	Commencing in	Natural Open	
1		6	Pass Right/Natural Under Left		Natural Open	
2		6	Push		Natural Open	Kickback: Log Fall
3		6	Pass Right/Natural Beneath Left		Natural Open	Kickback: Lean
4		6	Pass Right/Natural Under Left		Natural Open	
5		8	Whip Right		Natural Closed	Drag Back
4		32	RHYTHM - 66668	Commencing in	Natural Closed	
1		6	Pass Left		Natural Open	
2		6	Pass Right/Natural Beneath Left		Natural Open	Twinkle
3		6	Parallel Breaks		Left Parallel	Kickback
4		6	Left Parallel Break		Natural Open	Boogie Walk
5		8	Whip Right		Natural Right Prom	
5		32	RHYTHM - 18 68	Commencing in	Natural Closed	
1		18	Closed Break		Natural Open	Brush Point
2		6	Pass Left		Natural Open	
3		8	Whip Right		Closed	Twinkle

CAROLINA SHAG FIGURES, LEVEL 3

NUM	NAME	TIMING	MOVE		DANCE POSITION	RHYTHM BREAK
1		32	RHYTHM - 6 18 8	Commencing in	Natural Open	
1		6	Pass Left		Natural Open	
2		18	Push		Natural Open	Duck Walk
3		8	Whip Right		Closed	Twinkle
2		32	RHYTHM - 66668	Commencing in	Natural Closed	
1		6	Pass Left/Rotate Right		Natural Hand/Hip	Sailor
2		6	Pass Right/Beneath 12 Left		Natural Open	Lean
3		6	Pass Right/Natural Under Left		Natural Open	
4		6	Push		Natural Open	Kickback
5		8	Whip Right		Natural Right Prom	
3		32	RHYTHM - 66668	Commencing in	Natural Closed	
1		6	Natural Right Prom Break		Natural Right Prom	Hook Walk
2		6	Natural Closed Break		Natural Open	Log Fall
3		6	Pass Right/Natural Under Left		Natural Open	
4		6	Push		Natural Open	
5		8	Whip Right		Natural Right Prom	
4		32	RHYTHM - 66668	Commencing in	Natural Closed	
1		6	Closed Break		Natural Closed	Shuffle:Kickback
2		6	Closed & Natural Left Prom Break		Natural Right Prom	Log Fall & Skip:Kickback
3		6	Natural Right Prom Break & Ro16R & T16L		Natural Right Prom	Boogie Walk
4		6	Pass Right/Natural Under Left		Natural Open	
5		8	Whip Right		Natural Right Prom	
5		32	RHYTHM - 66668	Commencing in	Natural Closed	
1		6	Natural R Prom Break/Ro12R and T12L		Left Prom	Rotate Right
2		6	Left Prom Break		Natural Open	Boogie Walk
3		6	Pass Right		Natural Crossed Bridge	Twinkle
4		6	Pass Left		Natural Open	Twinkle
5		8	Whip Right		Natural Right Prom	Twinkle

CAROLINA SHAG FIGURES, LEVEL 4

NUM	NAME	TIMING	MOVE		DANCE POSITION	RHYTHM BREAK
1		32	RHYTHM - 66668	Commencing in	Natural Closed	
1		6	Pass Left/Rotate Right and Turn Left		Right Skater	Rotate Right
2		6	Skater Break		Left Skater	Kickback
3		6	Rotate Right and Turn Left		Left Parallel	Rotate Right
4		6	Left Parallel Break		Natural Open	Lean
5		8	Whip Right		Natural Right Prom	Twinkle
2		32	RHYTHM - 66668	Commencing in	Natural Closed	
1		6	Closed Break		Natural Closed	Kickback:Skip
2		6	Closed Break		Natural Left Parallel	Kickback:Shuffles
3		6	Rotate 14 Right and Turn 14 Left		Natural Open	Boogie Walk:Rotate Right
4		6	Pass Right/Natural Under Left		Natural Open	Twinkle
5		8	Whip Right		Natural Open	Twinkle
3		32	RHYTHM - 86666	Commencing in	Natural Open	
1		8	Whip Right		Natural Open	Skip:Figure Fore
2		6	Pass Right/Natural Beneath Left		Natural Open	Kick Duck
3		6	Push		Natural Open	Kickback
4		6	Pass Right/Natural Under Left		Natural Open	Twinkle
5		6	Push		Natural Open	Boogie Walk
4		32	RHYTHM - 8 12 66	Commencing in	Natural Open	
1		8	Whip Right/Natural Under Left		Natural Open	Cross Pause
2		12	Pass Right/Natural Beneath Left		Natural Open	Lean Triple
3		6	Pass Right/Natural Beneath Left		Natural Open	Twinkle
4		6	Push		Natural Open	Twinkle
5		32	RHYTHM - 8888	Commencing in	Natural Open	
1		8	Whip Right		Natural Right Prom	Twinkle
2		8	Closed Break/Natural Beneath R & Under L		Natural Open	Point Shuffle
3		8	Whip Right		Natural Open	Skip:Swivot
4		8	Whip Right		Natural Right Prom	Twinkle

HUSTLE FIGURES, LEVEL 1

<u>TIMING</u>	<u>MOVE</u>	<u>DANCE POSITION</u>	<u>WOMAN'S BREAK</u>	<u>MAN'S BREAK</u>
1-48	Group 1			
	Prom Push			
1-3	Pass Right	Natural Right Prom	Twinkle Right	Sailor
4-6	Pass Left	Natural Open	Twinkle Left	Twinkle Left
	Prom Push with Under Right			
1-3	Pass Right	Natural Right Prom	Twinkle Right	Sailor
4-6	Pass Left/Natural Under Right	Natural Open	Twinkle Right	Twinkle Left
	Prom Push with Beneath Right			
1-3	Pass Right	Natural Right Prom	Twinkle Right	Sailor 3R
4-6	Pass Left/Beneath Right	Natural Open	Twinkle Left	Twinkle Right
	Prom Whip Left			
1-3	Pass Right	Natural Right Prom	Twinkle Right	Sailor
4-6	Whip Left	Natural Right Prom	Twinkle Left	Split Rock
	Prom Whip Left and Release			
1-3	Whip Left	Natural Right Prom	Twinkle Left	Split Rock
4-6	Pass Left	Double Open	Twinkle Left	Twinkle Left
	Double Prom Push			
1-3	Double Pass Right	Double Prom	Twinkle Right	Sailor
4-6	Double Pass Left	Double Open	Twinkle Left	Twinkle Left
	Double Yoke Push			
1-3	Double Pass Right	Rev R Yoke Nat R Prom	Twinkle Right	Sailor
4-6	Pass Left	Double Open	Twinkle Left	Twinkle Left
	Double Pin Push			
1-3	Double Pass Right/Reverse Under Right	Rev R Pin Nat R Prom	Twinkle Right	Sailor
4-6	Pass Left/Natural Under Right	Natural Open	Twinkle Right	Twinkle Left
1-48	Group 2			
	Prom Whip Left			
1-3	Pass Right	Natural Right Prom	Twinkle Right	Sailor
4-6	Whip Left	Natural Right Prom	Twinkle Left	Split Rock
	Prom Whip Left and Beneath Right			
1-3	Whip Left	Natural Right Prom	Twinkle Left	Split Rock
4-6	Pass Left/Natural Beneath Right	Natural Open	Twinkle Left	Twinkle Right
	Closed Whip Right with Under Left			
1-3	Pass Right	Natural Right Closed	Circle Right	Hook Turn Right
4-6	Pass Right/Natural Under Left	Double Open	Twinkle Left	Sailor 4R
	Pass Right and Chain			
1-3	Double Pass Right	Rev Right Parallel	Side Rock	Sailor
4-6	Pass Right/Turn Left & Rotate Right	Natural Right Prom	Chain Turn	Sailor 4R
	Prom Whip Left and Release			
1-3	Whip Left	Natural Right Prom	Twinkle Left	Split Rock
4-6	Pass Left	Natural Open	Cross Rock	Twinkle Left
	Basket Push			
1-3	Pass Right/Turn Right	Natural Basket	Side Rock	Sailor
4-6	Pass Left	Natural Left Parallel	Cross Rock	Hook Cross Rock
	Basket Push with Whip Left with Chain			
1-3	Pass Right/Turn Right	Natural Basket	Side Rock	Sailor
4-6	Whip Left/Natural Under Left	Natural Right Prom	Chain Turn	Split Rock
	Prom Whip Left and Release			
1-3	Whip Left	Natural Right Prom	Twinkle Left	Split Rock
4-6	Pass Left/Turn Left	Natural Left Parallel	Cross Rock	Hook Cross Rock

<u>TIMING</u>	<u>MOVE</u>	<u>DANCE POSITION</u>	<u>WOMAN'S BREAK</u>	<u>MAN'S BREAK</u>
1-48	Group 3			
	Varsoviana Push			
1-3	Pass Right/Turn Right	Reverse Crossed Varsoviana	Side Rock	Sailor
4-6	Pass Left/Turn Left	Natural Left Parallel	Cross Rock	Hook Cross Rock
	Varsoviana Push with Prom Whip Left with Chain			
1-3	Pass Right/Turn Right	Reverse Crossed Varsoviana	Side Rock	Sailor
4-6	Whip L/Reverse Crossed Under Left	ReX Yoke Right Prom	Chain Turn	Split Rock
	Prom Whip Left with Chain			
1-3	Whip Left	Natural Right Prom	Twinkle Left	Split Rock
4-6	Whip L/Natural Under Left	Natural Right Prom	Chain Turn	Split Rock
	Pass Left with Beneath Right			
1-3	Pass Left/Beneath Right	Natural Open	Twinkle Left	Twinkle Right
	Prom Whip Right with Under Right			
4-6	Whip Right/Natural Under Right	Natural Under Tandem	Circle/Swivot R	Hook Turn Right
1-3	Open Break/Turn Right	Natural Left Side	Side Rock	Sailor
	Chain Push			
4-6	Pass Right/Natural Under Left	Natural Right Prom	Chain Turn	Sailor OR
1-3	Pass Left/Turn Left	Natural Left Parallel	Cross Rock	Hook Cross Rock
	Skater Whip Right with Under Right and Chain			
4-6	Turn R & Reverse Crossed R Skater Whip R	Reverse Crossed R Skater	Circle Back R	Hook Turn Right
1-3	Whip Right/Reverse Crossed Under Right	Reverse Crossed Left Side	Side Rock	Sailor
4-6	Pass Right/Turn Left	Natural Right Prom	Chain Turn	Sailor OR
	Prom Whip Left Under Right Release			
1-3	Whip Left	Natural Right Prom	Twinkle Left	Split Rock
4-6	Pass Left/Natural Under Right	Natural Open	Twinkle Right	Twinkle Left
1-48	Group 4			
	Pass Right Hand Change			
1-3	Pass Right	Natural Crossed Open	Twinkle Right	Sailor 4R
4-6	Pass Right	Reverse Double Crossed Open	Twinkle Right	Sailor 4R
	Varsoviana Whip with Under Right			
1-3	NXUR & DX Right Varsoviana Whip Right	Double Crossed R Varsoviana	Circle Back R	Hook Turn Right
4-6	Varsoviana Whip Right/Reverse Crossed Under Right	Reverse Crossed Left Side	Side Rock	Sailor
	Chain Push			
1-3	Pass Right/Turn Left	Natural Prom	Chain Turn	Sailor
4-6	Pass Left/Turn Left	Natural Left Parallel	Cross Rock	Hook Cross Rock
	Pivot Pass Right			
1-3	Pass Right/Natural Under Right	Natural Crossed Open	Pivot Right	Sailor
4-6	Pass Right/Natural Crossed Under Right	Natural Crossed R Parallel	Side Rock	Lunge
	Chain Push			
1-3	Pass Right/Natural Crossed Under Left	Right Prom	Chain Turn	Sailor
4-6	Pass Left	Reverse Open	Twinkle Left	Twinkle
	Under Pass Left and Chain			
1-3	Pass Left/Reverse Under Right	Reverse Right Parallel	Side Rock	Side Rock
4-6	Pass Right/Turn Left	Natural Right Prom	Chain Turn	Sailor
	Prom Whip Left and Release with Under Right			
1-3	Whip Left	Natural Right Prom	Twinkle Left	Split Rock
4-6	Pass Left/Natural Under Right	Natural Open	Side Rock	Twinkle
	Chain Push with Beneath Right			
1-3	Pass Right/Natural Under Left	Natural Right Prom	Chain Turn	Sailor
4-6	Pass Left/Beneath Right	Natural Open	Twinkle Left	Twinkle Right

RHYTHM BREAKS

RHYTHM BREAK A rhythm break is the movement of the body during a rhythm, and consists of the step and non-step body movements used for accenting the music while executing the move in a figure. Rhythm breaks are what Swing dancers use to put technique and style into a move and to instill fire and zest in their dancing. The technique and style the Swing dancer uses to execute the rhythm break is what distinguishes one Swing dancer from another. Advanced Swing dancers use rhythm breaks to customize and style their moves for various moods, tempos, and melodies.

RHYTHM SEGMENTS The rhythms used in Swing are predominantly Jitterbug and Lindy rhythms, and their inversions, Swing and Whip rhythms. (Check Section 2.1, Rhythm and Timing, if you are not tuned up on *Swing Dancer* rhythm and timing terminology.) The rhythm breaks in *Swing Dancer* are described using the Swing and Whip rhythms. The Swing and Whip rhythms are divided into travel, turn, link, and position segments as displayed in Table 4.3-1. Note: each segment consists of a unit (a down beat followed by an upbeat).

Units with step and non-step leg movements are defined as follows:

EVEN UNIT In an even unit, the dancer uses an even number of steps beginning with either foot.

ODD UNIT In an odd unit, the dancer uses an odd number of steps beginning with either foot.

RIGHT-EVEN UNIT In a right-even unit, the dancer uses an even number of steps beginning with the right foot.

LEFT-EVEN UNIT In a left-even unit, the dancer uses an even number of steps beginning with the left foot.

RIGHT-ODD UNIT In a right-odd unit, the dancer uses an odd number of steps beginning with the right foot.

LEFT-ODD UNIT In a left-odd unit, the dancer uses an odd number of steps beginning with the left foot.

RHYTHMS Swing rhythms use combinations of even and odd units. The standard Swing and Whip rhythms use the combinations of even and odd units as displayed in Table 4.3-1. The table also displays the combinations of left and right even units and left and right odd units that are used by the man and woman in the standard rhythms.

SEGMENT BREAK A segment break (unit break) consists of the steps, non-steps, timing, turns, movements, leg positions, and legs used for accenting (syncopating) the music in a segment (unit). A rhythm break is a combination of segment breaks (even and odd unit breaks).

The components used to describe a step or non-step on a beat of music, their defaults, and the syntax used to combine them are defined in Table 4.3-2.

Music Beats	♥	*	♥	*	♥	*	♥	*	♥	*	♥	*	♥	*	♥	*
Timing	1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&
Swing Rhythm	Even				Odd				Odd							
Segment	Travel				Turn				Position							
Unit	Even				Odd				Odd							
Man's	Left-Even				Left-Odd				Right-Odd							
Woman's	Right-Even				Right-Odd				Left-Odd							
Whip Rhythm	Even				Odd				Even				Odd			
Segment	Travel				Turn				Link				Position			
Unit	Even				Odd				Even				Odd			
Man's	Left-Even				Left-Odd				Right-Even				Right-Odd			
Woman's	Right-Even				Right-Odd				Left-Even				Left-Odd			

Table 4.3-1 Rhythm Break Segments in the Swing and Whip Rhythms

Swing Dancer uses abbreviations for the components that describe the segments and rhythm breaks. Table 4.3-3 provides two examples.

The first is for a woman's (W) Sailor rhythm break in a pass left (Pl) with the woman turning left (TL).

The second describes an exercise rhythm (ExRhy) for the Jive rhythm break. Note: the --IL indicates the IL (Inward Left) is taken on the quarter beat between the 3& and 4 beats.

The *Swing Dancer* Abbreviation Guide, Section 4.3.1, sorts the abbreviations alphabetically by component. Check the abbreviation index or the applicable section in *Swing Dancer* for definitions of the abbreviations in the guide.

TIMING The segment breaks in *Swing Dancer* are given using a half beat syncopation accent. Other shifted accents (syncopations) can be used for the same segment break. In fact, expert *Swing*

dancers color and shade their movement by accenting quarter beats and/or triplets. In *Swing Dancer* a specific quarter beat shift in timing is indicated by preceding a component with "--" and a triplet is indicated by preceding a component with a "-". In general the ½ beat '&' can be shifted to a 2/3 beat 'a' when applying the rhythm break using a triplet rhythm. Check the Rhythm and Timing section if you are not tuned up on syncopations.

RHYTHM BREAK COLUMN This column identifies the rhythm break's name. A rhythm break is generally named after the break in the position segment or the name may be lengthened for a more definitive description of the rhythm break by a concatenation of the names of it's segment breaks. In such cases the name's syntax is, "travel segment name:turn segment name:link segment name:position segment name." For example a rhythm break can be named "Hitch:Scuff:Drag Coupe," rather than "Drag Coupe," to help recall the breaks on each of the segments.

The rhythm break may be given for both the man and the woman in a description of a figure using the following syntax, "woman's rhythm break/man's rhythm break."

COMPONENT	DEFAULT	DESCRIPTION
TIMING	None	The amount of time expressed in beats to complete the step or non-step.
TURN	0	The method, amount, and direction of turn prior to the resulting leg position.
MOVEMENT	Step	The body, leg, and/or ankle movement associated with positioning the leg.
LEG POSITION	None	The resulting leg position.
LEG	None	The leg occupying the leg position.
TURN	0	The method, amount, and direction of turn after the resulting leg position.
STEP/NON-STEP SYNTAX = TIMING/TURN/MOVEMENT/LEG POSITION/LEG/TURN		

Table 4.3-2 Step and Non-Step Components

RHYTHM BREAK	D MOVE	TRAVEL SEGMENT				TURN SEGMENT				POSITION/LINK SEGMENT				POSITION SEGMENT			
		1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&
Sailor	W PlTL	FR		FL		FR	FL4L	BR		BiL	SR		SfL				
Jive	W ExRhy	BR		RL		SR	--IL	SR		SL	--IR		SL				

Table 4.3-3 Example Rhythm Break Descriptions

<u>RHYTHM BREAK</u>	<u>REMARKS</u>
Pivot Left:Sailor/Point	Woman's and Man's breaks are given.
Pivot Left:Sailor/ /Point	Woman's break is given and man's is optional.
Point	Woman's break is optional and Man's break is given.
(Blank)	Woman and man do the same given break.
	Woman and man "roll their own" breaks.

Table 4.3-4 Example Figure Rhythm Break Names

Some examples of rhythm break names for a figure description are provided in Table 4.3-4.

A rhythm break which uses more than eight beats will be identified by a "C0" following the name. Its continuation will follow and be numbered sequentially "C1," "C2," etc. See the Swivel Toe Heel rhythm break in the Woman's Swing Rhythm Breaks section for an example.

SEGMENT BREAK COLUMN This column identifies the segment break's name. The name of a segment break is a combination of its movement and leg position abbreviations.

ALIAS COLUMN This column, if used, identifies common aliases used around the planet for the segment break.

DA COLUMN This column, if used, will indicate in which dance the break is predominately used. The following definitions are used. BB - Balboe, CH - Charleston, BA - Big Apple, CS - Carolina Shag, HU - Hustle, JB - Jitterbug, LH - Lindy Hop, SW - Swing.

D COLUMN The D Column, if used, will have M for man or W for woman to indicate if it is a man's or woman's rhythm break.

MOVE COLUMN The move column, if used, identifies the moves on the track for the rhythm break. A list of some of the acronyms you will find in the move column and their definitions is in Table 4.3-5. The list will help you learn to read the *Swing Dancer* move and rhythm break abbreviations.

SEGMENT COLUMNS Some examples of the abbreviations that describe the step and non-step break components for a beat are provided in Table 4.3-6 with their definitions. The amount of turn on a step or non-step can vary depending on tempo, floor conditions, the dancer's skill level, and preceding and following moves.

VARIATION COLUMN This column identifies movement variations for styling a segment break.

A Rhythm Break Generator (Section 4.3.2) is provided that lists the possible entries for a component as currently defined in *Swing Dancer*. The generator can produce over 17 decillion rhythm breaks. All rhythm breaks will not work in all forms of Swing, but you can have fun rolling your own.

A Rhythm Break Timing Guide (Book Mark) is also provided for assistance in reading the rhythm break format. The guide contains the component abbreviations sorted alphabetically.

A Rhythm Break Work Sheet (Section 4.3.2.2) is provided that can be used for annotating Rhythm Breaks you will create or have already collected, or will buy, trade for, or steal in the future.

MOVE	DEFINITION
BWh	Basket Whip Left or Right
ClBk	Closed Break
Ex	Exercise
ExRhy	Exercise Rhythm
ExRoL	Exercise Rotate Left
LS	Link Segment
PaChL	Pass Left or Right with Chasse Turn Left
PaPvL	Pass Left or Right with Pivot Left
PaPvR	Pass Left or Right with Pivot Right
PaRuL	Pass Left or Right with Run Turn Left
PaSlL	Pass Left or Right with Slide Turn Left
PaSpL	Pass Left or Right with Spiral Turn Left
PaSwL	Pass Left or Right with Swivel Turn Left
PaSwXL	Pass Left or Right with Swivel Cross Turn Left
PaTkChR	Pass Left or Right with Tuck Chasse Turn Right
PaTkFeR	Pass Left or Right with Tuck Figure Fore Turn Right
PaTkStR	Pass Left or Right with Tuck Stag Turn Right
PaTkXdR	Pass Left or Right with Tuck Cross Drag Turn Right
PaTL	Pass Left or Right with Turn Left
PaTR	Pass Left or Right with Turn Right
PaXdL	Pass Left or Right with Cross Drag Turn Left
PaXsL	Pass Left or Right with Cross Side Turn Left
PlRoL	Pass Left Rotate Left
PlRoR	Pass Left Rotate Right
PlTKR	Pass Left Tuck Right
PlULRoL	Pass Left with Under Left and Rotate Left
PlURRoR	Pass Left with Under Right and Rotate Right
PrRoL	Pass Right with Rotate Left
PrRoR	Pass Right with Rotate Right
PrRoRBeR	Pass Right with Rotate Right and Beneath Right
PrURRoL	Pass Right with Under Right and Rotate Left

Table 4.3-5 Example Rhythm Break Moves

MOVE	DEFINITION
Pu	Push
Pu06.2	Push Rhythm Break Group 6 Number 2
TSPaTL	Turn Segment in Pass Left or Right with Turn Left
TSPlRoL	Turn Segment Pass Left with Rotate Left
TSPrRoR	Turn Segment Pass Right with Rotate Right
TSRoL	Turn Segment Rotate Left
TSWr	Turn Segment in Whip Right
TvS	Travel Segment
TvSPlRoL	Travel Segment Pass Left with Rotate Left
TvSPu	Travel Segment Push
Wr	Whip Right
WrUL	Whip Right with Under Left
WrULR	Whip Right with Under Left and Right
WrUR	Whip Right with Under Right
WrBeR	Whip Right with Beneath Right

Table 4.3-5 Example Rhythm Break Moves
(Continued)

ABBR	DEFINITION
---FR	Step Forward Right Leg (Step is taken one quarter beat later)
2LPsR	Pivot 2/8 Left and Point Sideward Right Leg
2RFlbR	Pivot 2/8 Right and Flick Backward Right Leg
AR	Step Archward Right Leg
CuFR	Cuban Step Forward Right Leg
FL4L	Step Forward Left Leg and Pivot 4/8 Left
HePfl	Heel Point Forward Left Leg
KfL	Kick Forward Left Leg
NaFR	Nanigo Step Forward Right Leg
PaL	Point Archward Left Leg
PhsR	Point Hookward and Sideward Right Leg
Sn8R	Spin 8/8 Right
Sw2L	Swivel 2/8 Left
SwRShR	Swivel Right and Shuffle Right Leg (Amount of Swivel optional)
TePbL	Toe Point Backward Left Leg
TL2R	Step Togetherward Left Leg and Pivot 2/8 Right
Xd4L	Cross Drag 4/8 Left

Table 4.3-6 Example Step and Non-Step Abbreviations

	1	2	3	4	5	6	7	8	8
L Left leg	P* Point	Rk Rock	Sf S & Forward	Sq Sit	Te Toe	X Crossward			
Lb* Lift Bent	Pd Paddle Swivel	Rl Ronde Left	Sg Spot Drag	Ss Scissors	Tei Toe Inwards	Xa X & Angular			
Le Leap	Pi Pinwheel	Ro Roll	Sh Shuffle	St* Stag	Teo Toe Outwards	Xd Cross Drag			
Lm Limbo	Pl Plie	Rr Ronde right	Si Split	Sv Slip Pivot	Tk Tuck Right	Xp X & Perpend			
Ls* Lift Straight	Pv Pivot	S Sideward	Sk Skip	Sw Swivel	Tl Twist Lwr Body	Xs X & Sidewrd			
Lu Lunge	Pz Pause	Sa Sashay	Sl Slide	Sx Slip Cross	Ts Toe Stab	Xu Cross Unwind			
Lw Low	Q Quiver	Sb S & Backward	Sm Stomp	Sy Sway	Tu Twist Upwr Body	Xw Cross Wind			
Mo Moon Walk	R Replaceward	Sc Scuff	Sn Spin	Sz Shimmy	Up Up	xL x/8 Left			
Na Manigo	R Right leg	Se Stretch	So Sissonne	T Togetherward	Wf Whole Foot	xR x/8 Right			
No Normal	Ri* Ripple		Sp Swivot	Ta Tap	Wfi Wf Inwards				
O Outward					Wfo Wf Outwards				

4.3.2.1-2 Rhythm Break Timing Guide (Book Mark)

Swing Dancer (Ver 1.01)

TIMING		MOVE		DANCE POSITION				RHYTHM BREAK & STYLING					
M	Mill	Pi	Pin	Rhy	Rhythm	Sc	Stomach	Tk	Tuck	T	Turn	Wl	Closed Whip L
Mn	Moon	Pl	Pass L	Rl	Reel	Sd	Straddle	Tm	Tandem	U	Under	Wn	Wing
N	Natural	Pr	Pass R	RM	R Menade	Sd	Stand	TmWl	Tandem Whip L	V	Vine	Wr	Closed Whip R
Ne	Nestle	PS	Position Seg	Ro	Rotate	Sh	Shadow	TmWr	Tandem Whip R	Va	Varsovianna	Wt	Wrist
Nk	Neck	Pu	Push	RP	R Prom	Si	Silhouette	TS	Turn Segment	Vm	Vamp	WWl	Wrap Whip L
O	Open	Pv	Pass Over	RPa	R Parallel	Sk	Skater	Ts	Thigh Sit	W	Wrap	WWr	Wrap Whip R
Oh	Overhead	R	Right	RPe	R Perpend	So	Shoulder	TuWl	Tunnel Whip L	Wa	Waist	X	Crossed
Ov	Over	RDi	R Dicular	RS	R Side	Ss	Shoulder Sit	TuWr	Tunnel Whip R	Whl	Wheel Whip L	xL	x/8 L
Pa	Pass L or R	Re	Reverse	S	Staple	Syn	Syncopation	Tvs	Travel Segment	Whr	Wheel Whip R	xR	x/8 R
Pd	Pass Under	Rf	Rift	Sa	Stiff Arm	Th	Thigh	Tw	Twirl	Wi	Whirl	Y	Yoke

3.3.1.1-2 Move and Dance Position Abbreviation Guide (Book Mark)

Swing Dancer (Ver 1.0)

TIMING MOVE

DANCE POSITION

RHYTHM BREAK & STYLING

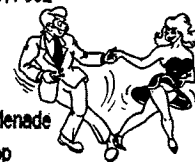
MOVE SYNTAX = WOMAN'S TRAVEL/WOMAN'S TURN/MAN'S TURN

DANCE POSITION NAME SYNTAX = COUPLE/ALIGNMENT/ARRANGEMENT/LEVEL/SUPPORT/POSE

WOMAN'S TURN SYNTAX = COUPLE/WOMAN'S ARM POSITION/AMOUNT/DIRECTION

COUPLE SYNTAX = HOLD/CONTACT POINT

MAN'S TURN SYNTAX = COUPLE/MAN'S ARM POSITION/AMOUNT/DIRECTION



& and	Bc Brachium	BuWr Burrow Whip R	Cm Clamp	Es Escort	Hd Hand	LM L Menade
/ with	Be Beneath	BWL Basket Whip L	Co Collar	Ex Exercise	Hg Hug	Lo Loop
An Ankle	Bk Break	BWr Basket Whip R	Cp Clasp	Fm Forearm	Hg Hang	LP L Prom
As Assist	Bl Blind	C Curl	Cs Crus	Fr Flirt	Hi Hip	LPa L Parallel
As Arm Sit	Br Bridge	Cc Crescent	Ct Chest	Ft Foot	Hs Hip Sit	LPe L Perpend
B Basket	BrWL Bridge Whip L	Cd Cuddle	D Double	G Grip	K Knot	LS Link Segment
Ba Above So Blade	BrWr Bridge Whip R	Cg Cog	Di Diaphragm	Gr Gear	Ke Knee	LS L Side
Bb Below So Blade	BuWL Burrow Whip L	Cl Closed	El Elbow	H Halo	LDi L Dicular	L Left

3.3.1.1-1 Move and Dance Position Abbreviation Guide (Book Mark)

Swing Dancer (Ver 1.0)

TIMING	1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&
RHYTHM BREAK	D MOVE	TRAVEL SEGMENT	TURN SEGMENT	POSITION/LINK SEGMENT	POSITION SEGMENT	POSITION SEGMENT	POSITION SEGMENT	POSITION SEGMENT	POSITION SEGMENT	POSITION SEGMENT	POSITION SEGMENT	POSITION SEGMENT	POSITION SEGMENT	POSITION SEGMENT	POSITION SEGMENT	POSITION SEGMENT
TURN SYNTAX = METHOD/AMOUNT/DIRECTION	TURN SYNTAX = METHOD/AMOUNT/DIRECTION	TURN SYNTAX = METHOD/AMOUNT/DIRECTION	TURN SYNTAX = METHOD/AMOUNT/DIRECTION	TURN SYNTAX = METHOD/AMOUNT/DIRECTION	TURN SYNTAX = METHOD/AMOUNT/DIRECTION	TURN SYNTAX = METHOD/AMOUNT/DIRECTION	TURN SYNTAX = METHOD/AMOUNT/DIRECTION	TURN SYNTAX = METHOD/AMOUNT/DIRECTION	TURN SYNTAX = METHOD/AMOUNT/DIRECTION	TURN SYNTAX = METHOD/AMOUNT/DIRECTION	TURN SYNTAX = METHOD/AMOUNT/DIRECTION	TURN SYNTAX = METHOD/AMOUNT/DIRECTION	TURN SYNTAX = METHOD/AMOUNT/DIRECTION	TURN SYNTAX = METHOD/AMOUNT/DIRECTION	TURN SYNTAX = METHOD/AMOUNT/DIRECTION	TURN SYNTAX = METHOD/AMOUNT/DIRECTION

* Leg Position	Bd Back Drop	Ce Corte	Dg Drag	Fa Fan	H Hookward	Hu Hook unwind
--- 1/4 beat shift.	Bf Bend Forward	Ci Circle	Dh Diagonal Hkwd	Fd Fold	Ha H & Angular	Hw Hook wind
A Archward	Bg Boogie	Ck Check	Dhc Dh with CBMP	Fe Figure Fore	He Heel	I Inward
Ab Arabesque	Bh B & Hookward	Co Collect	Do Down	Fh Flea Hop	Hei Heel Inwards	J Jump
Ai A & Inline	Bi B & Inline	Cp Coupe	Du Dub	Fi F & Inline	Heo Heel Outwards	K* Kick (St P St)
Ar Arch	Br Brush	Cr Crouch	Dx Diagonal Crsswd	Fk Flicker	Hi Hip Lift	Kd Knee Drape
As Assemble	Bs B & Sideward	Cu Cuban	Dxc Dx with CBMP	Fl* Flick	Ho Hop	Kk* Kick karate
At Attitude	Bp Bump	De* Develope	E Instepward	Fs F & Sideward	Hp H & Perpend	Kl* Kick football
B Backward	Ca Camel	De* Develope	Ei E & Inline	Fx F & Crossward	Hs H & Sideward	Kn Kick snap
Bb Bend Backward	Cb Contrabody	Df Diagonal Forward	F Forward	Fz Freeze	Ht Hip Shift	Kp Knee Pop

4.3.2.1-1 Rhythm Break Timing Guide (Book Mark)

Swing Dancer (Ver 1.01)



SWING DANCER ABBREVIATION GUIDE

FIGURE FORMAT - FIGURE AND AMALGAMATION WORK SHEET

NAME TIMING MOVE

MOVE SYNTAX Ex: PL/NU4L6NBe12R
 Woman's Travel/Woman's Turn/Man's Turn
 WOMAN'S TURN SYNTAX Ex: NU4L
 Couple/Woman's Arm Position/Amount/Direction
 MAN'S TURN SYNTAX Ex: NBe12R
 Couple/Man's Arm Position/Amount/Direction

MOVE ABBREVIATIONS

AMOUNT & TURN DIRECTION

xL x/8 Left
 xR x/8 Right

MISCELLANEOUS MOVE

& and
 / with
 C0 Continuation 0
 Ex Exercise
 LS Link Segment
 PS Position Segment
 Rhy Rhythm
 Syn Syncopation
 TS Turn Segment
 TVS Travel Segment

ARM POSITIONS

WOMAN'S	MAN'S
B Basket	W Wrap
H Halo	Y Yoke
L Lindy	S Swing
Ov Over	Sd Straddle
Pl Pin	Lo Loop
T Turn	Ro Rotate
U Under	Be Beneath
V Vine	C Curl

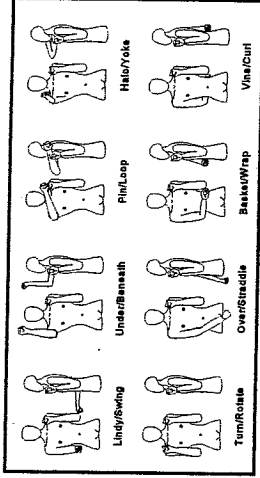


Figure 3.2.1-2 Turn Arm Positions

NAMED UNDERES	NAMED BENEFITS
Gr Gear	Cg Cog
M Mill	Wn Wing
Mn Moon	Cc Crescent
Rl Reel	Rf Rift
Wi Whirl	Tw Twirl

NAMED MOVES	NAMED MOVES
Ab Arm Behind	Or Orbit
Ac Arm Ck Spin	Pcs Palm Ck Spin
BW1 Basket Whip L	Po Pull Over
BW2 Basket Whip R	Scs Shoulder Ck Spin
Br Back Roll	Sd Sliding Door
BrW1 Bridge Whip L	Sneak Sneak
BrW2 Bridge Whip R	Tk Tuck Right
BuW1 Burrow Whip L	TmW1 Tandem Whip L
BuW2 Burrow Whip R	TmW2 Tandem Whip R
Cb Crazy Bull	Tn Tornillo Woman
Cc Crazy Cow	To Tunnel Whip L
Cs Check Spin	TuW1 Tunnel Whip R
Du Duck	TuW2 Tunnel Whip L
F1 Flirtation	Ww1 Wrap Whip L
Fp Flip Flop	Ww2 Wrap Whip R
Gp Grapevine	Whl Wheel Whip L
Hcs Hip Ck Spin	Whr Wheel Whip R
Li Link	
Ll Loop Lariat	
Lp Lift Up	

Note: See Swing Dancer for defaults.

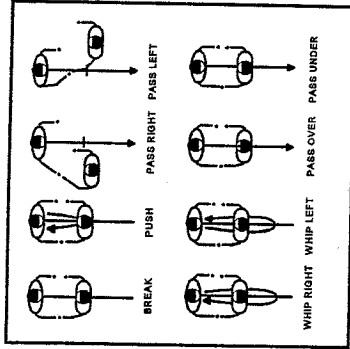


Figure 3.3-1 The Eight Primary Travels

PRIMARY WOMAN'S TRAVEL

Bk Break	Pu Push
Pl Pass Left	Pr Pass Right
Wh1 Whip Right	Wh2 Whip Left
Pd Pass Under	Pv Pass Over
Pa Pass L or R	

DANCE POSITION RHYTHM BREAK & STYLING

DANCE POSITION SYNTAX Ex: NRB
 Couple/Alignment/Arrange/Level/Support/Pose
 COUPLE SYNTAX Ex: NRD-Hd
 Hold/Contact Point
 CONTACT POINT SYNTAX Ex: Hd-Hd
 Man's Contact Point/Woman's Contact Point

DANCE POSITION ABBREVIATIONS

HOLDS	ALIGNMENTS
D Double	L Left
G Grip	R Right
K Knot	Str Straight
N Natural	
Re Reverse	
S Staple	
X Crossed	

CONTACT POINTS

An Ankle	Bl Blind
Ba Above So Blade	Br Bridge
Bb Below So Blade	LDi Left Dicular
Bc Brachium	LM Left Menade
Bt Buttock	LP Left Prom
Co Collar	Lpa Left Parallel
Cs Crus	Lpe Left Perpend
Ct Chest	LS Left Side
Di Diaphragm	O Open
El Elbow	RDi Right Dicular
Fm Forearm	RM Right Menade
Ft Foot	RP Right Prom
Hd Hand	Rpa Right Parallel
Hi Hip	Rpe Right Perpend
Ke Knee	RS Right Side
Nk Neck	Tm Tandem
Sc Stomach	
So Shoulder	
Th Thigh	
Wt Wrist	

ARRANGEMENTS

LEVEL	SUPPORT
An Ankle	As Arm Sit
Cs Crus	Hg Hug
Ct Chest	Hn Hang
Di Diaphragm	Hs Hip Sit
Hi Hip	Sa Stiff Arm
Ke Knee	Sd Stand
Oh Overhead	Ss Shoulder
So Shoulder	Ts Thigh Sit
Th Thigh	
Wa Waist	

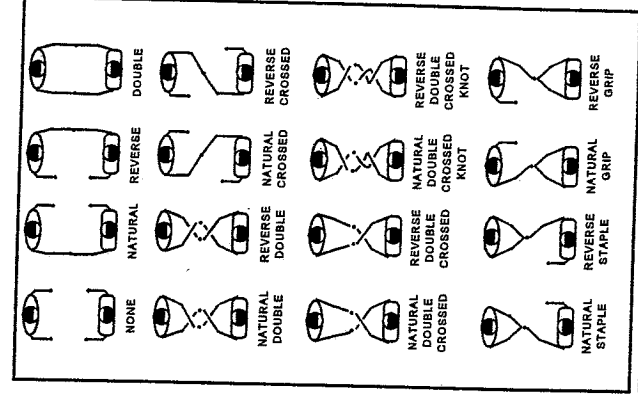


Figure 3.2.4-1 Open Arrangements with Hand Contact Point Couples

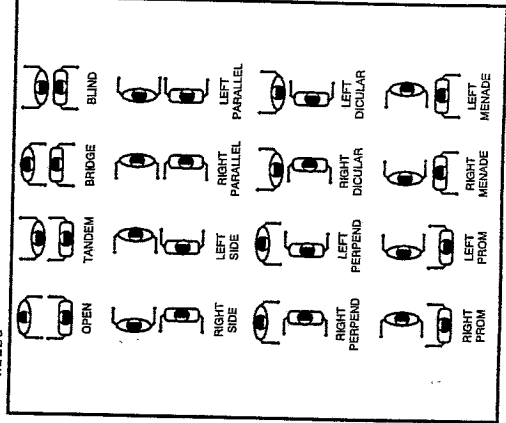


Figure 3.2.4-2 Arrangements with a None Couple

RHYTHM BREAK FORMAT - RHYTHM BREAK WORK SHEET (DANCE UNITS)
RHYTHM BREAK D MOVE TRAVEL SEGMENT

TURNING		1		2		3		4		5		6		7		8	
TIMING		&		&		&		&		&		&		&		&	

TURN SYNTAX Ex: Sw4R
Method/Amount/Direction
STEP/Non-STEP SYNTAX Ex: 4L4uFL
Timing/Turn/Movement/Leg Position/Leg/Turn

RHYTHM BREAK ABBREVIATIONS

TIMING	
-	A 2/3 Beat Shift (Triplet)
--	A Quarter Beat shift

TURN METHODS	
Cl	Circle
Fa	Fan
Fe	Figure Four
Hu	Hook Unwind
Hw	Hook Wind
Pa	Paddle Spin
Pi	Pinwheel (St Kx StSw T)
Pv	Pivot
Sg	Spot Drag
Sn	Spin
Sp	Swivot (Spiral)
Sv	Slip Pivot
Sw	Swivel
Xd	Cross Drag
Xu	Cross Unwind
Xw	Cross Wind

SECONDARY LEG POSITIONS

Ai	Archward and In-Line
Bh	Backward and Hookward
Bi	Backward and In-Line
Bs	Backward and Sideward
Db	Diagonal Backward
Df	Diagonal Forward
Dh	Diagonal Hookward
Dhc	Diagonal Hookward CMP
Dx	Diagonal Crossward
Dxc	Diagonal Crossward CMP
Ei	Instepward and In-Line
Fi	Forward and In-Line
Fs	Forward and Sideward
Fx	Forward and Crossward
Ha	Hookward and Angular
Hp	Hookward and Perpendicular
Hs	Hookward and Sideward
Sb	Sideward and Backward
Sf	Sideward and Forward
Sx	Sideward and Crossward
Th	Forward and In-Line (He to Te)
Tt	Forward and In-Line (Te to He)
Xa	Crossward and Angular
Xi	Crossward and Inward
Xp	Crossward and Perpendicular
Xs	Crossward and Sideward

BODY MOVEMENTS

Ar	Arch
As	Assemble
Bb	Bend Backward
Bd	Back Drop
Bf	Bend Forward
Bg	Boogie
Bp	Bump
Ca	Camel
Cb	Contrabody
Ce	Corte
Ck	Check
Cr	Crouch
Cu	Cuban
Do	Down
Du	Dub
Fd	Fold
Fh	Flea Hop
Fz	Freeze
Hl	Hip Lift
Ho	Hop
Hc	Hip Shift
J	Jump
Le	Leap
Lm	Limbo
Lu	Lunge
Lw	Low
Mo	Moon Walk
Na	Nanigo
No	Normal

LEG MOVEMENTS

*	Leg Position
Ab	Arabesque
At	Attitude
Br	Brush
Co	Collect
Cp	Coupé
De*	Develope
Dg	Drag
Fk	Flicker
Fl*	Flick
K*	Kick
Kd	Knee Drape
Kk*	Kick Karate
Kl*	Kick Football
Kn	Kick Snap
Kp	Knee Pop
Lb*	Lift Bent
Ls*	Lift Straight
P*	Point
Q	Quiver
Rd	Ronde Left or Right
Rl	Ronde Left
Rr	Ronde Right
Sc	Scuff
Sh	Shuffle
Si	Split
Sm	Stomp
St*	Stag
Ts	Toe Stab

TURN AMOUNTS AND DIRECTIONS

xR	x/8 Right (Clockwise)
xL	x/8 Left (Counterclockwise)
Note x equals the amount of turn in eighths.	

LEG

R	Right Leg
L	Left Leg

MOVES

See the Move Abbreviation section for entries used in the move column.

PRIMARY LEG POSITIONS

A	Archward
B	Backward
E	Instepward
F	Forward
H	Hookward
I	Inward
O	Outward
R	Replaceward
S	Sideward
T	Togetherward
X	Crossward

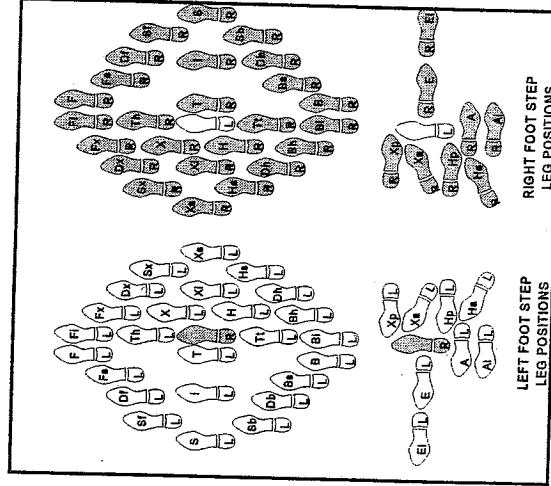


Figure 3.2.2-1 Step Leg Positions

RHYTHM BREAK GENERATOR

Roll your own rhythm breaks using the following possible entries for each

step/non-step component on a beat. With this rhythm break generator you can generate over 17 decillion rhythm breaks.

TIMING	METHOD	TURN		MOVEMENT			LEG POSITION	LEG	TURN		
		AMT	DIR	BODY	LEG	ANKLE			METHOD	AMT	DIR
1	Ci	1	R	Ar	Ab	He	A	R	Ch	1	R
&	Fa	2	L	As	At	Hei	Ai	L	Ci	2	L
2	Hu	3		Bb	Br	Heo	B		Fa	3	
&	Hw	4		Bd	Co	Ta	Bh		Fe	4	
3	Pd	5		Bf	Cp	Te	Bi		Hu	5	
&	Pi	6		Bg	De*	Tei	Bs		Hw	6	
4	Pv	7		Bp	Dg	Teo	Db		Pd	7	
&	Sg	8		Ca	Fk	Wf	Df		Pi	8	
5	Sn			Cb	Fl*	Wfi	Dh		Pv		
&	Sp			Ce	K*	Wfo	Dhc		Sg		
6	Sv			Ck	Kd		Dx		Sn		
&	Sw			Cr	Kk*		Dxc		Sp		
7	Xd			Cu	Kl*		E		Sv		
&	Xu			Do	Kn		Ei		Sw		
8	Xw			Du	Kp		F		Xd		
&				Fd	Lb*		Fi		Xu		
-				Fh	Ls*		Fs		Xw		
--				Fz	P*		Fx				
				Hl	Q		H				
				Ho	Rd		Ha				
				Ht	Rl		Hp				
				J	Rr		Hs				
				Le	Sc		I				
				Lm	Sh		O				
				Lu	Si		R				
				Lw	Sm		S				
				Mo	St*		Sb				
				Na	Ts		Sf				
				No			Sx				
				Pl			T				
				Pz			Th				
				Ri			Tt				
				Rk			Xa				
				Ro			Xi				
				Sa			Xp				
				Se			Xs				
				Sk							
				Sl							
				So							
				Sq							
				Ss							
				Sx							
				Sy							
				Sz							
				Tl							
				Tu							
				Up							

SWING DANCER'S NOTES

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

Swing Dancer (Ver 1.00)

SWING RHYTHM BREAKS

There are over 362 million Swing segment breaks and 17 decillion Swing rhythm breaks! Where does one start to learn a few?

To begin, a Swing Rhythm Break Journal, Section 4.3.3.1, is included to help give you a plan. The journal sorts rhythm breaks by turn segment for the Pass, Push, and Whip moves. Pivot and tuck turn segments are also included for position segments that follow them. Within each turn segment the breaks are numbered in groups of five. For example, breaks in group one are numbered 11-15 and breaks in group two are numbered 21-25. Groups of less than five are available for adding your own breaks. Suggested groups of push breaks are also included as well as possible travel and turn segment substitutions. Space is also available for adding additional rhythm and segment breaks as you acquire them. The journal can be copied and folded like an accordion for carrying on your person (in your wallet, purse, pocket, pants, bra, or whatever) for immediate use on the wood and practice in bank, bus, subway, grocery, and powder room lines.

Next, the Sailor Swing Rhythm Break, Section 4.3.3.2, is designed to help get you started trying to understand the hieroglyphic (hard to read) dance code. Take your time and keep the Rhythm Break Timing, Rhythm Break Abbreviation, Leg Position Illustration, and Move Abbreviation Guides handy.

The Followers Swing Turn Package, Section 4.3.3.3, is provided to help the woman master the turns that occur over and over again.

Sections 4.3.3.4 and 4.3.3.5 sort a subset of the 17 decillion rhythm breaks by man and woman and are arranged alphabetically. There are over 100 rhythm breaks given for the man and 400 rhythm breaks given for the woman. Other sorts, by move for example, are available upon request as *Swing Dancer Supplements*. In case you are looking for a woman's/man's rhythm break and cannot find it in the woman's/man's section, look in the man's/woman's section and do the normal opposite by exchanging the lefts and rights.

The next two sections sort a subset of the more than 362,673,936 (138⁴) segment breaks by man and woman, and are arranged alphabetically by their *Swing Dancer* names. There are 11 segment breaks given for the man and 53 segment breaks given for the woman. Other sorts, by move for example, are available upon request as *Swing Dancer Supplements*.

The Swing rhythm breaks in *Swing Dancer* are currently in vogue on various dance floors on the planet. They are tailor-made concatenations of travel, turn, link, and position segment breaks. A variety of segment breaks can be found in the rhythm breaks. Moreover, one can substitute segment breaks in a rhythm break. For example, a Walk is the default for the travel segment; however, one can substitute a Hitch, Hitch Split, Shuffle, Sashay, Scoot, Swivels, Scotch, or Skips for the Walk if so inclined.

If there are not enough segment and rhythm breaks here for you to choke on, subsequent versions of *Swing Dancer* will provide additional breaks from its collection, as well as sorts of the segments for those who want to "roll their own." If you are really in a hurry to choke, you can special order the breaks separately from *Swing Dancer* as supplements at any time.

A Ventures cut of "Honky Tonk" is on the turntable, so let's get back on the boards and see if we can move with some of these breaks. Keep on Dancing! Hutch

SWING DANCER NOTES

SUGGESTED PUSH, PASS AND WHIP RHYTHM BREAK GROUPS SORTED BY TURN SEGMENTS (Beats 3 & 4 &)

SAILOR RIGHT/ SAILOR LEFT	SWIVEL SPLIT R/ HOOK SPLIT L	POINT ARCH R/ POINT ARCH L	Pr BENEATHS (5&6)	TUCK TURNS
01 Sailor Coupe Right Hip Slip Ronde Toe Stab Twinkle Away	01 Freeze Boogie Drape Drape Collect Cuban	01 Freeze Swivel Choke Split:Crosswind Hip Roll Bend Forward	01 Sailor Right Swivot Sailor XDg R Xwind Xd Right/Left Split Spin R/L Figure Back Right	01 Cross Unwind Hook Side Hook Side Hook Side Cross Unwind
02 Hook Cuban Hook Swivel Hook Cross Hook Lunge Cross Pivot	02 Hip Roll Hip Wiggle Knee Pop Quiver Sashay	02 Twist Scissors Kick Cross Turn Delay Turn Point	02 Xwind R:Unwind L Spiral Cross Pinwheel Right	FLIRTATIONS 01 Swivel Flip Flop Right Flip Flop Left
03 Swivel Swivel Drag Swivel Duck Swivel Hip Swivel Hips	03 Slide Inward Swivel Hip Shift Shimmy Shoulder Roll	03	PI BENEATHS (5&6) 01 Sailor Cross Drag Spin L, R Kick Ronde Left Pinwheel Right	
SWIVEL CROSS R/ POINT ARCH LEFT	TWINKLE 4 RIGHT/ POINT ARCH LEFT	SWIVOT RIGHT/ FORWARD	02 Sailor Xd (Dub)	WHIP BREAKS
01 Shuffles Stag Point Side Kick Forward Drag Left Scotch	01 Rock Point Side Point Forward Point Back Drag Left	01 Lunge Figure Fore Crosses Scotch Spot Drag	FLIRTATION PI 01 Swing Kick Left Kick Spin Left Scuff Hook:Unwind Pinwheel Hook Unwind	01 Ronde Cross Side Lunge Scotch Hook:Point Triple Fake:Slip X Slip Cross Pinwheel Right
02 Swishes Scuff	02 Ronde Ronde High Snap Kick Coaster Out & In	02 Attironde Figure Back Flick Latin Cross Pinwheel	02 Spin 6L Spin 14L Spin 22L	02 Cross Lunge Xd Cross Lunge Fig 4 Kick Spin Right Figure Back Left
	03 Hitch Kick Hitch Kick Syn Side Rock Hook Roll Hops	03 Shuffle Delay Swivot:Sw Boogie Scuff Split Away		
CROSS DRAG R/ LIFT CROSS LEFT	TWINKLE 1 RIGHT/ PIVOT LEFT	SWIVEL RIGHT/ PIVOT LEFT	WI TO CL (5&6)	CLOSED BREAKS
01 Point Side Ronde Lift Cross Swivel Back Crosses	01 Pinwheel Right Point Cross Side Prance Spot Drag Attironde	01 Crouch Wiggle Quiver Together Figure Kicks Maxixe Cross:Scissors	01 Drag Sn8L Sn16L	01 Body Roll Crouch Hip Rock Grapevine Hip Rock Hip Roll
02 Crouch Hip Lift Jazz Slide Knee Roll:Crouch Cross Lunge	02 Ripple Forward Swing Point Cross Spiral Flick Cross Cross Drag	02 Ripple Back Cat Cross:Triple X Cross Rock Drag Coupe	02	02 Hitch Kick Rock Bumps Ronde Back Shuffle Swivel Shuttle
03 Swing Point Back Fig Fore Swivel Shuffle Swivel Stag Cross Ronde Cross	03 Bend Forward Cross Anchor Figure Fore Hook:Spiral Knee Pop Turn	03 Drag Flicker Moon Walk Ripple Forward Crosses Cross:Split		03 Swing Trot B Swivel Hip Rib Cage Boogie Down Sashay

SUGGESTED PUSH RHYTHM BREAK GROUPS

01 Kick:Figure Fore Point:Swivel Pin Run:Pinwheel Kick:Ronde:Skips Kick:Snap Kick	06 Scuff:Scuff Syn Triple:Delay Ronde:Ronde Ripple Coupes B Arch:X Toe Fz	11 Kick:Drag Knee Pop Arch:Toe Stabs Scuff:Cuban Knee Scuff Cross Lunge	16 Kicks Skip:Drag Scuff Drag Swivel Cross Ronde	21 Ronde Flick Cross Ronde Point Cross:Swivel Elvis Lunge Wave
02 Cross Travel Sailors Crosses:Point Kick:Ronde Fig Fore:Fig Back	07 X Side:Fig Fore Scuff:Drag Coupe Scotch:Ronde Coaster:Shuffle Fl Scissors:Hitch Sw	12 Cross Point:Fz Cross Side Rocks Cross:X Drag Crosses Crosses Syn	17 Splits Cross:Rock Spiral:Lunge Grapevine Swing Kick	22 Ankle Brush:Camel Knee Pops Volta Kick Hook Heel Swivel Duck
03 Jam Stag:Fig Fore Scuff:Figure Back Point:Fz Cross:Slip X:Fz Shuffle X:Figure	08 Fig Back:Fig Fore Syn Triple:Twinkle Coupe:Arch:Twinkle Hooks:Arch:Twinkle Skip:Arch:Point	13 Fig Fore:Fig Fore Kick:Kick Flick Lift Crosses Lift Cross Slip Lift Cross	18 Hook Skips Hook Swivels Grape Ronde Slip Cross Side Ripples	23 Split Triple Pivot Crosses Figure Fore:Drag Scoot Back Triple Swivels
04 Quadruple Circle Split:Boogie Shuffle:Hook Cross Scuff X:Crosses Arch:Drag	09 Point:X Drag Figure Fore:Drag Merengue Jam Hook:Sw Duck Circle Ronde	14 Kick Drag Hook Point:Cross Crouch Quad Ci:Scotch:X Rock Coupe	19 Triple Crosses Cross:Shuffle Plie Swivel Twinkle:Lift Triple:Point	24 Swivel Hooks Point Back Slide Kick Scotch:Cross Hip Wiggle T
05 Arch:Drag Coupe Syn Triples Cuban Arch Plie:Split Swivel Back Arch Camel:Fz X	10 Figure:Ronde Ripple:Drag Crouch:Drag Stag Swivels Plie Shimmy:Drag	15 Scuff Split Fz Side Rock:Point Slip Cross Spin:Cross Circle Ronde:Tap	20 Point:Swivot Cross Crouch Coca Rola Brush Flick Point Split	25 Points Slide Cross Forward Point:Stag Cross Skip Scuff

RHYTHMS AND SUGGESTED TRAVEL, TURN AND LINK SEGMENT SUBSTITUTIONS

RHYTHMS 1&2&3&4&5&6&7&8&	TRAVEL SEGMENT 1 & 2 &	TURN SEGMENT 3 & 4 &	WHIP TURN SEG. 3 & 4 &	LINK SEGMENT 5 & 6 &
01 Swing SSQQ Pass QSSS Lindy SQQSQQ Whip QQSQQS Hustle QSQS	01 Rock Shuffle Swivel Hitch Skips Single	01 Twinkle 1 Right Sailor Right Swivel Cross Right Cross Drag Swivel Split Right	01 Kick Pivot Point Arch Rock Scotch	01 Pivot Left Pivot Right Swivel Left Swivot Pivot Right Flirtation
02 Single Delay Double Triple	02 Hitch Split Cross Skip Kick Back Scotch Apart Hitch Kick	02 Twinkle 1 Right Point Arch Swivot Right Swivel Right	02 Split Stag Stag Skip Twinkle	
03 Bop Jive Jitterbug Rock & Roll	03 Chicken Walk Crouch Spring Hip Lift Hitch Skip	03 Pivots Left Pivots Right Swivot Pivots R		
	04 Maxixe Sashay Scoot Scotch Skip	04 Tuck Chasse Tuck Stag Tuck Fig Fore Tuck Cross Side Tuck Cross Drag		
	05 Cuban Shuffle Sw Crest Sit Hitch	05 Double Cross Double Hook Grapevine Cross Grapevine Hook Hook		

SUGGESTED PUSH, PASS AND WHIP RHYTHM BREAK GROUPS SORTED BY TURN SEGMENTS (Beats 3 & 4 &)

Name _____

SUGGESTED TURNS AND TURN BREAKS SORTED BY MOVES AND TURN SEGMENTS (Beats 3 & 4 &)

Swing Dancer (Ver 1.15)

SUGGESTED PUSH RHYTHM BREAK GROUPS

01 Kick:Figure Fore Point:Swivel Pin Run:Pinwheel Kick:Ronde:Skips Kick:Snap Kick	08 Fig Back:Fig Fore Sw Back:Twinkle Scoot:Arch:Twinkle Hooks:Arch:Twinkle Skip:Arch:Point	15 Scuff Split Fz Side Rock:Point Slip Cross Spin:Cross Circle Ronde:Tap	22 Ankle Brush:Camel Knee Pops Volta Kick Hook Heel Swivel Duck
02 Cross Travel Sailors Crosses:Point Kick:Ronde Fig Fore:Fig Back	09 Point:X Drag Figure Fore:Drag Merengue Jam Hook:Sw Duck Circle Ronde	16 Kicks Skip:Drag Scuff Drag Swivel Cross Ronde	23 Split Triple Pivot Crosses Figure Fore:Drag Scoot Back Triple Swivels
03 Jam Stag:Fig Fore Scuff:Figure Back Point:Fz Cross:Slip X:Fz Shuffle X:Figure	10 Figure:Ronde Ripple:Drag Crouch:Drag Stag Swivels Pie Shimmy:Drag	17 Splits Cross:Rock Spiral:Lunge Grapevine Swing Kick	24 Swivel Hooks Point Back Slide Kick Scotch:Cross Hip Wiggle T
04 Quadruple Circle Split:Boogie Shuffle:Hook Cross Scuff X:Crosses Arch:Drag	11 Kick:Drag Knee Pop Arch:Toe Stabs Scuff:Cuban Knee Scuff Cross Lunge	18 Hook Skips Hook Swivels Grape Ronde Slip Cross Side Ripples	25 Points Slide Cross Forward Point:Stag Cross Skip Scuff
05 Arch:Drag Coupe Syn Triples Cuban Arch Pie:Split Swivel Back Arch Camel:Fz X	12 Cross Point:Fz Cross Side Rocks Cross:X Drag Crosses Crosses Syn	19 Triple Crosses Cross:Shuffle Pie Swivel Twinkle:Lift Triple:Point	
06 Scuff:Scuff Syn Triple:Delay Ronde:Ronde Ripple Coupes B Arch:X Toe Fz	13 Fig Fore:Fig Fore Kick:Kick Flick Lift Crosses Lift Cross Slip Lift Cross	20 Point:Swivot Cross Crouch Coca Rola Brush Flick Point Split	
07 X Side:Fig Fore Scuff:Drag Coupe Scotch:Ronde Coaster:Shuffle Fl Scissors:Hitch Sw	14 Kick Drag Hook Point:Cross Crouch Quad Ct:Scotch:X Rock Coupe	21 Ronde Flick Cross Ronde Point Cross:Swivel Elvis Lunge Wave	

RHYTHMS AND SUGGESTED TRAVEL, TURN AND LINK SEGMENT SUBSTITUTIONS

RHYTHMS	TRAVEL SEGMENT 1 & 2 &	TURN SEGMENT 3 & 4 &	WHIP TURN SEG. 3 & 4 &	LINK SEGMENT 5 & 6 &
1&2&3&4&5&6&7&8&				
01 Swing SSQQ Pass QQSS Lindy SQSQSQ Whip QSQSQS Hustle QSQS	01 Walk Shuffle Swivel Hitch Skips Single	01 Run Left Cross Side Left Swivel Cross Left Cross Drag Left Swivel Split Left	01 Kick Pivot Point Arch Rock Scotch	01 Pivot Left Pivot Right Swivel Left Swivot Pivot Right Flirtation
02 Single Delay Double Triple	02 Hitch Split Cross Skip Kick Back Scotch Apart Hitch Kick	02 Twinkle Left Slide Left Swivot Left Swivel Left	02 Split Stag Stag Skip Twinkle	
03 Bop Jive Jitterbug Rock & Roll	03 Point Cross Skip Chicken Walk Crouch Spring Hip Lift Hitch Skip	03 Pivots Left Pivots Right Swivot Pivots R		
	04 Maxixe Nanigo Hook Sashay Scoot Scotch Skip	04 Tuck Chasse Tuck Stag Tuck Fig Fore Tuck Cross Side Tuck Cross Drag		
	05 Cuban Shuffle Sw Crest Sit Hitch	05 Double Cross Double Hook Grapevine Cross Grapevine Hook Hook		



A SWING DANCER'S BEGINNING PRESCRIPTION WORK SHEET

RHYTHM BREAK MOVES	MOVE TIMING	TRAVEL SEGMENT		TURN SEGMENT		POSITION/LINK SEGMENT		POSITION SEGMENT	
		1	2	3	4	5	6	7	8
PUSH									
PASS LEFT/BENEATH									
RIGHT/UNDER-PIN									
LEFT/BASKET									
WHIP									
BREAK									
PASS TURNS	TIMING	1	2	3	4	5	6	7	8
TWINKLE LEFT									
TUCK CHASSE RIGHT									
PIVOTS LEFT									
PIVOTS RIGHT									
SWIVOT PIVOTS RIGHT									
CLOSED WHIP TURNS	TIMING	1	2	3	4	5	6	7	8
SWIVEL LEFT (UL)									
SWIVOT PIVOT RIGHT (UR)									
PIVOT LEFT (UL)									
PIVOTS RIGHT (UR)									
TANDEM WHIP TURNS	TIMING	1	2	3	4	5	6	7	8
SWIVOT LEFT									
SWIVOT RIGHT									
PIVOTS LEFT									
PIVOTS RIGHT									

TRACK: The leader moves off and on the track's center allowing the follower to move between the track's center and ends. For beginners, the follower's step on beat 2 is on the center, the follower's step on beat 4 is on the end, and the leaders step on beat 4 is on the center.

DANCE POSITIONS: Natural Open, Double Open, Closed

MOVEMENT: Body Carriage, Balance, Knee Pop, Cuban, Twinkle, Drag, Sway

FOLLOWER'S ARM POSITIONS:

LEFT: Swing, Halo, Turn, Basket

RIGHT: Swing, Under, Pin, Tilt, Basket, Straight

COUPLES: Natural, Double, Natural Crossed, Double Crossed, Closed.

COUPLING: Use couple weight with the leader's middle two fingers in follower's curled fingers. Leaders create and maintain couple weight, followers balance and maintain couple weight. Coupled hands are held equidistant between the navels, with the follower's coupled forearm held parallel to the floor with a straight wrist. Coupled hands are fixed in space on beat 4. Practice with a string on a bottle.

URNS: Establish axis through support foot and complete turn before moving on to next step.

[illegible][illegible]

SAILOR SWING RHYTHM BREAK

The following United States Swing Dance Council (USSDC) beginning Swing dance figures are used to demonstrate the Sailor rhythm break. The USSDC/ *Swing Dancer* names for the figures are given in parenthesis. The figures are ordered in a danceable sequence.

The Sailor leg action is Backward Inline (Bi), Sideward (S), and Sideward-Forward (Sf), with the Bi toe in contact with the support heel, the S taken with check action, and the Sf taken on the place where the original support foot was standing.

RHYTHM BREAK	TRAVEL SEGMENT				TURN SEGMENT				POSITION/LINK SEGMENT				POSITION SEGMENT			
TIMING	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Closed Break (Starter Step/Closed Break)																
Leg Work Leader	BL	RR			SL	TR	SL		BiR	SL	SfR					
Leg Work Follower	1RBR	RL	1L		SR	TL	SR		BiL	SR	SfL					
Arm Work Follower	L11				L11				L11							
Dance Position	NCL	NRP			Natural	Closed			Natural	Closed						
Pass Left to Natural Open (Throwout/Release)																
Leg Work Leader	SL	RR	Sw1L	HL	SR1L	SfL			BiR	SL	SfR					
Leg Work Follower	2RBR	FL	Pv2L	SR	XL	SR	Sw2L		BiL	SR	SfL					
Arm Work Follower	L11			L11					71							
Dance Position	NCL	NRP			Natural	Open					Natural	Open				
Pass Left to Natural Open (Slingshot Throwout/Release)																
Leg Work Leader	2LFL	BR			BiL	SR	SfL		BiR	SL	SfR					
Leg Work Follower	2RBR	FL			FR	FL4L	BR		BiL	SR	SfL					
Arm Work Follower	51		6x7x				6x1		71							
Dance Position	NCL	NRP			Natural	Open					Natural	Open				
Pass Right/Under Left to Natural Open (Underarm Turn/Under)																
Leg Work Leader	DbL	FR	Pv2R	BiL	SR	FL	Sw2L		BiR	SL	SfR					
Leg Work Follower	FR	FL		FR2L	XL	SR	2L		BiL	SR	SfL					
Arm Work Follower	71	72	75x			71			71							
Dance Position											Natural	Open				
Pass Left to Natural Open (Left Side Pass/Pass)																
Leg Work Leader	2LDbL	SR	1L	BiL	SR1L	DfL			BiR	SL	SfR					
Leg Work Follower	FR	FL		FR2L	XL	SR	2L		BiL	SR	SfL					
Arm Work Follower	71	6x1	6x7x			6x1			71							
Dance Position											Natural	Open				
Push to Natural Open (Push Break/Push)																
Leg Work Leader	BL	TR			BiL	SR	SfL		BiR	SL	SfR					
Leg Work Follower	FR	FL			BR	XL	BR		BiL	SR	SfL					
Arm Work Follower	71	66			66	11			71							
Dance Position						Double	Open				Natural	Open				
Pass Right/Under Left to Natural Crossed Bridge (Underarm Turn with Hand Change/Under)																
Leg Work Leader	DbL	FR	1R	BiL	SR	SfL1L			BiR	SL	SfR					
Leg Work Follower	FR	FL		FR2L	XL	SR	2L		BiL	SR	SfL					
Arm Work Follower	71	72	75x			71			71							
Dance Position											Natural	Crossed Bridge				
Pass Left to Natural Open (Right Side Pass/Pass)																
Leg Work Leader	DfL	BR			BiL	SR	SfL		BiR	SL	SfR					
Leg Work Follower	FR	FL			FR2L	XL	SR	2L	BiL	SR	SfL					
Arm Work Follower	71	6x1	6x7x				6x1		71							
Dance Position											Natural	Open				
Pass Right to Closed (Turning Basic/Link)																
Leg Work Leader	DbL	FR	Pv2R	SL1R	TR	SL1R			BiR2R	SL	SfR					
Leg Work Follower	FR	FL	Sw1R	FR1R	FL1R	FR1R			FL1R	FR1R	SfL					
Arm Work Follower	71	L11		L11					L11							
Dance Position											Natural	Closed				
Pass Left/Under Right to Natural Open (Basic Tuck In [From Closed]/Tuck)																
Leg Work Leader	SL	RR			BiL	SR1L	SfL	Pv1L	BiR	SL	SfR					
Leg Work Follower	2RBR	FL	Pv2L	SR	TL2R	FR	Pv4R		BiL	SR	SfL					
Arm Work Follower	L11		52		53	63			61	6x1	71					
Dance Position	NCL	NRP			NRC1	NP					Natural	Open				
Whip Right to Natural Open (Whip/Whip)																
Leg Work Leader	DbL	FR	Pv2R	TL	RR2R	SL	Pv2R	SR	SfL	Sw2R	BiR	SL	SfR			
Leg Work Follower	FR	CbFiL	Sw4R	BR	TL	FR	Pv4R	BL	BR		BiL	SR	SfL			
Arm Work Follower	71	L11		L1J2		L11			71		71					
Dance Position	NO	NCL		NRP		NCL			NO		NO					

The DJ just put Bill Black's cut of "Memphis Stroll" on the turntable! Now that we have a few figures to perform, let's get a learner's permit and a practice buddy and hit the boards. Keep On Dancing! Hutch

SWING DANCER'S NOTES

FOLLOWER'S SWING TURN PACKAGE

The follower's turn package is used for putting variety into the moves. The turn package uses the pivot, swivel, and swivot methods of turning and gives the follower leg work and head work. Example figures with follower arm work are also provided. The leader can use the leg work given for the passes and whips in the beginning level 1 Swing Figures. The turns are

given with a Together rhythm break in order to develop the skill of collecting the leg and maintaining balance. The follower head work consists of spotting backwards on pivots and forwards on swivots.

PASS TURNS: The following left and right turns are used in passes between a variety of dance positions.

RHYTHM BREAK TIMING	TRAVEL SEGMENT				TURN SEGMENT				POSITION/LINK SEGMENT				POSITION SEGMENT			
	1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&
Pivots Left	Walk				Pivots Left				Together							
Leg Work	FR		FL4L		BR4L	FL4L	BR		TL							
Head Work			Spot		Spot											
Figure	Pass Left from Natural				Open to Natural				Open with a follower				Natural Under Left.			
Arm Work	71		72	62	65x	61			6x1		71					
Tuck Chassé Right	Walk				Tuck Chassé Right				Together							
Leg Work	FR		FL2L	CoR	SR	TL2R	FR4R	CoL	TL							
Head Work			Spot		Spot											
Figure	Pass left from Double				Open to Natural				Open with a follower				Natural Under Right.			
Arm Work	11		02		03	93	91	71								
Note: The tuck is given in a Pass Left from Natural Closed to Natural Open in the USSDC's beginning figures.																
Pivots Right	Walk				Pivots Right				Together							
Leg Work	FR		FL		FR4R	BL4R	FR4R	CoL	TL							
Head Work					Spot											
Figure	Pass Right from Natural				Open to Natural				Open with a follower				Natural Under Right.			
Arm Work	71		72		63			61	6x1		71					
Swivot Pivots Right	Walk				Pivots Right				Together							
Leg Work	FR		CbFL	Sp8R	FR4R	BL4R	FR4R	CoL	TL							
Head Work			Spot		Spot											
Figure	Pass Right from Natural				Bridge to Natural				Open with a follower				Natural Under Right.			
Arm Work	71		72	63				61	6x1		71					

CLOSED WHIP TURNS: The following left and right turns are used in the closed whip right. The follower has the choice of which left turn to use. The leader's right hand is placed low on the follower's back near the waist as an additional lead in left turns.

The Leader's right hand is placed high on the follower's left shoulder blade as an additional lead for right turns. Arm work for a follower Natural Under is given.

RHYTHM BREAK TIMING	TRAVEL SEGMENT				TURN SEGMENT				POSITION/LINK SEGMENT				POSITION SEGMENT			
	1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&
Pivot Left	Walk				Twinkle				Pivot				Together			
Leg Work	FR		CbFiL	Sw4R	BR	TL	FR		FL4L		BR		TL			
Head Work									Spot							
Arm Work	71		21	21	1J1		12		15x		71					
Swivel Left	Walk				Twinkle								Together			
Leg Work	FR		CbFiL	Sw4R	BR	TL	FR		FL		Swivel Left		TL			
Head Work											CbFiR Sw4L					
Arm Work	71		21	21	1J1		12		15x		75x		71			
Pivots Right	Walk				Twinkle				Pivots				Together			
Leg Work	FR		CbFiL	Sw4R	BR	TL	FR4R		BL4R		FR4R		TL			
Head Work							Spot				Spot					
Arm Work	71		21	21	1J1		52		63		63		71			
Swivot Pivot Right	Walk				Twinkle				Swivot Pivot				Together			
Leg Work	FR		CbFiL	Sw4R	BR	TL	FR		CbFL	Sp8R	FR4R	CoL	TL			
Head Work									Spot		Spot					
Arm Work	71		21	21	1J1		12		52	53		61	6x1		71	

TANDEM WHIP TURNS: The following left and right turns are used in tandem whips between a variety of dance positions. The arm work is given for the

figure: Natural Under 0 Left Basket Pin Tandem Whip Right with Natural Under Left from Double Open to Double Open.

RHYTHM BREAK TIMING	TRAVEL SEGMENT		TURN SEGMENT		POSITION/LINK SEGMENT		POSITION SEGMENT
	1	2	3	4	5	6	7
Pivots Left	Walk		Twinkle		Pivots		Together
Leg Work	FR	FL	FR TL	BR4L	FL4L	BR	TL
Head Work					Spot	11	
Arm Work	12	7x5x					
Swivot Left	Walk		Twinkle		Swivot		Together
Leg Work	FR	FL	FR TL	BR	CbBL Sp8L	BR	TL
Head Work					Spot	11	
Arm Work	12	7x5x					
Pivots Right	Walk		Twinkle		Pivots		Together
Leg Work	FR	FL	FR TL	BR	BL4R	FR4R	TL
Head Work					Spot	11	
Arm Work	12	7x5x			7x2		
Swivot Right	Walk		Twinkle		Swivot		Together
Leg Work	FR	FL	FR TL	BR	BL	CbBR Sp8R	TL
Head Work						Spot	
Arm Work	12	7x5x			7x2		11

The follower has a variety of Position Segment rhythm breaks to use at the end of the left and right turns. Common left and right pivot and spin breaks which are led by the leader in pass and whip Position

Segments follow (additional pivots and spins can be led by adding more beats at the end of the rhythms):

RHYTHM BREAK TIMING	PASS POSITION SEGMENT			
	4	5	6	7
Pivot Left	4L	FL4L	BR	TL
Pivots Left	4L	FL4L	BR4L	FL4L
Pivot Spin Left	4L	FL4L	PfR	Pd8R
Pivots Right		BL4R	FR4R	TL
Spin Right		PfL	Pd8R	TL
Spins Right	PfL	Pd8R	PfL	Pd8R TL

WHIP POSITION SEGMENT	7	8	9
	7	8	9
4L	FL4L	BR	TL
4L	FL4L	BR4L	FL4L
4L	FL4L	PfR	Pd8R
	BL4R	FR4R	TL
	PfL	Pd8R	TL
PfL	Pd8R	PfL	Pd8R TL

David Sanborn's "Love and Happiness" is revolving on the turntable. Now that we have a follower turn package to play with, let's give that guy a few extra pivots and spins to help show him off! Keep On Dancing! Hutch

MAN'S SWING RHYTHM BREAKS

RHYTHM BREAK TIMING	MOVE	TRAVEL SEGMENT				TURN SEGMENT				POSITION/LINK SEGMENT				POSITION SEGMENT			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Arch Camel:Fz X	Pu	ShL	BL	TR		PaL		CaFL		Fz		HR		KfL	HL	TR	
Arch Plie:Split	Pu	BL		TR		PaL		FL		SeSi	Fz			IL	TR		
Arch Stem	PIRoL	BhL	2L	SR		PaL	1L	FL1L	PIHsR								
Arch Stem	PrRoR	DbL		FR	2R	PaL	1R	FL1R									
Arch:Drag	Pu	ShL	FL	FR	2L	PaL		SL		DgCoR	Sw2R	KdTR					
Arch:Drag Coupe	Pu	BL		TR		PaL		FL		DgR	TR	PdFL					
Arch:Toe Stabs	Pu	NaSi	BL	TR	2L	TePhL	2R	SL	RrR2R	TsPhsR		TsPhsR	2LBR				
Arch:X Toe Fz	Pu		BL	TR		PaL		FL						Fz	BL	TR	
Attironde	WrBeL	DbL		FR		PaL	4R	SL		StL	TePhL	Fz	Fz	Fz	BL	TR	
Back Point:Fz	Pu	BL		TR		BL	XR	PbL		BR		FL	AtR	2LRIR	2LRIR	XR	
Bend Forward	PIRoL	BhL		FR		PaL		DbL		Fz		Fz	StL				
Boogie Down:RiRk	CIBk	SL		RR		RL		RR	Bf	Sw4R		RR					
Chasse Left	ExRoL	SL	TR	SL	2L	SR	TL	SR		RiBL		RiFR		RiBL		RiFR	
Chasse Right	ExRoR	SL	TR	SL	2R	SR	TL	SR	2R								
Circle Ronde	Pu	BL		TR	LIL	RiL	RiL	BL	LIR	RrR	RrR	BR					
Coaster	Pu	BL		TR		PaL		FL		NaHeBR	-HeTL	NaFR					
Coaster:Shuffle Fl	Pu	NaCoL	BL	TR		BL	TR		TR2L	ShL	FL4R	FibR2L	BR				
Coupe	PIRoL	4LDFL							ARPfL								
Coupe	PrRoR	PfL	DbL	FR	2R	SL1R	XR1R	SL									
Coupe	Pu	PfL	BL	TR		PaL		FL									
Coupe	Wr	ShL	DbL	FR	1R	PaL	3R	SL	4R	FR		DfL	ARPfL				
Coupe:Arch:Twinkle	Pu		Fz	BR		PaL		FL		FR	TL	BR	XL				
CROSS DRAG A	Pr	DbL		FR		Xd2R	Xd2R										
CROSS DRAG B	Pr	DbL		FR	2RBL	FR	Xd2R										
Cross Drag Stem	PrRoR	DbL		FR	FL	FR	Xd4R	BL									
Cross Side	ExRoR	SL1R	XsR1R	SL1R	1R	XsR1R	SL1R	XsR1R	1R								
Cross Wind L	Pr	DbL		FR	2R	BiL	SR	SfL	2R	Xw4L		Xw4L					
Cross Wind R	Pr	DbL		FR	2R	BiL	SR	SfL	2R	Xw4R		Xw4R					
Cross:Scissors	PrRoR	ShL	DbL	FR	2R	FL	2R	TePhR		SISi		Fz					
Cross:Scissors	Pu	ShL	BL	TR		FL		TePhR		SISi		Fz					
Cross:Scissors	Wr	ShL	DbL	FR	2R	PaL	2R	SL	2RHR	2RSL		TePhR		SISi		Fz	2LHR
Cross:Slip X:Fz	Pu	XL	StR	XR	LbL4R	XL	LbR3L	XR	1R	Fz		TePhR		Fz			
Crosses	PIRoL	BhL	2L	SR	HeL1L	SR1L	StL	XL	StR	XR	StL	XL	BiR				
Crosses	PIRoL	BhL	2L	SR		StL	2L	XL	StR	XR	StL	XL	BR				
Crosses	PrRoR	ShL	DbL	FR	2R	StL	2R	XL	StR	XR	StL	XL	BR				
Crosses	Pu	ShL	BL	TR		StL		XL	StR	XR	StL	XL	BR				
Crosses	Wr	ShL	DbL	FR	2R	PaL	2R	SL	2R	FR2R	StL	XL	StR	XR	StL	XL	BR
Crosses:Point	Pu	Si	BL	TR	LIL4R	XL	4L	XR		BR		PfL					
Crouch Wiggle	PrRoR	ShL	DbL	FR	2R	FL	2R	HeXR	HtCr	HtCr	HtCr	HtCr	NoXR				
Crouch Wiggle	Pu	ShL	BL	TR		FL		HeXR	HtCr	HtCr	HtCr	HtCr	NoXR				
Crouch Wiggle	Wr	ShL	DbL	FR	2R	PaL	2R	SL	2RHR	2RSL		HeXR	HtCr	HtCr	HtCr	HtCr	NoXR
Crouch:Drag	Pu	DbL		SISR		Fz		Fz		FL		DgTR					
Delay	CIBk	BL		RR	1R	PaL		SL		PaR		SR	1L				
Delay Point	CIBk	BL		RR	1R	PfL		TL		PfR		TR	1L				
Delay:Triple	CIBk	BL		TR	1R	PaL		SL		BiR	SL	SfR	1L				
Drag	PIRoL	BhL	2L	SR		HeL1L	SR1L	TLPsR		DgPIR		DgTR					
Drag	PrRoL	DbL		FR		BL	TR			PaR	PsR1L	DgTR		TR	BL	FR	
Drag Right	PrRoR	ShL	DbL	FR	2R	PaL		FL2R	PsR	DgPIR		DgTR					
Drag Right	Pu	ShL	BL	TR		PaL		FL	PsR	DgPIR		DgTR					
Drag Right	Wr	ShL	DbL	FR	2R	PaL	2R	SL	2R	HR	2R	SL	PsR	DgPIR		TR	
Drag:Scotch	PrRoR	ShL	DbL	FR	2R	PaL		DgCoR	SR	SL	IR	XsL	BR				
Drag:Scotch	Pu	ShL	BL	TR		FL		DgCoR	SR	SL	IR	XsL	BR				
Drag:Scotch	Wr	ShL	DbL	FR	2R	PaL	2R	SL	FR2R	SL2R		DgCoR	SR	SL	IR	XsL	RR
Drape	Pu	BL		TR		PaL	DfL	SISR		KdL		KdR					
Fig Back:Fig Fore	Pu	BL		TR	KfL	RiL2L	StL	FL	FibR	KfR	FixR4R	FR	CoL2L				
Fig Fore:Fig Back	Pu	BL		TR2R	FibL	KfL	4LFixL	FL	KfR	RrR4R	StR	FR	Bg2L				
Figure Fore	PrRoR	NaSi	DbL	FR	2R	PaL		FL	FibR	KfR	FixR4R	FR	Bg2L	NaSi	DbL	FR	
Figure Fore	Pu	NaSi	BL	TR		PaL		FL2L	FibR	KfR	FixR4R	FR	Bg2L	NaSi	BL	TR	
Figure Fore	Wr	NaSi	DbL	FR	2R	PaL	2R	SL	2R	HR		FL	FibR	KfR	FixR4R	FR	Bg2L
Figure Fore:Drag	Pu	SwFL		SwFR	FibL	KfL	4LFixL	FL		DgIR		3RTR					
Figure Kicks	PrRoR	ShL	DbL	FR	2R	PaL		FL2R	StR	KfR	FixR	KfR	StR	KbR	SkFL	FR	
Figure Kicks	Pu	ShL	BL	TR		PaL		FL	StR	KfR	FixR	KfR	StR	KbR	SkFL	FR	
Figure Kicks	Wr	ShL	DbL	FR	2R	PaL	2R	SL	2R	HR	2R	SL	StR	KfR	FixR	KfR	StR
Figure:Ronde	Pu	BL		TR1R	FibL	KfL	1LFixL	KfL	BL	RrR	1R	HR					
Flea Hops	PrRoR	DbL		FR	2R	SL	2R	XsR	SkR	TL		SkIR					
Flea Hops	Pu	BL		TR	SkIR	TL		SkIR		TePtL	SkIR	TL	SkIL	TePtR	SkIL	TR	
Flick Stag:X	Pu	BL		TR	FibL	StL3L		FL		XR	5R	XL2L	BR				
Freeze	Pu	BL		TR		PaL		DfL	SISR	SiFz							
Freeze	Pu	BL		TR		PaL		PIFL		AsSiFz							
Freeze	Wr	DbL		FR	2R	PaL	2R	SL		HR	SL	PIFR	4R	AsSiFz			
Grape:Scuff	Wr		DbL	FR	2R	PaL	2R	SL3R	FR1R	SL	IR	FibR	ScfR			XR	
Heel Toe:Ronde	PrRoL	DbL		FR		HeFL	TeRR	TeTL	FR	Sw4L		RiL					
Hip Slip	Pu	BL		TR		PaL		FL	TRPsL								
Hook	PIRoL	4LDFL	Fz							HR		TLPSR					
Hook	PrRoR	PfL	DbL	FR	4R	SL		SL		HR		CuTL	CuSR				
Hook Right	ExRoR	SL1R	HeR1R	SL1R	1R	HeR1R	SL1R	HeR1R	1R			CuTL	CuSR				
Hook Skips	PrRoR	ShL	DbL	FR		FL	4R	HR	SkFR	HL		SkFL	HR	SkFR			
Hook Skips	Pu	ShL	BL	TR		FL		HR	SkFR	HL		SkFL	HR	SkFR			
Hook Skips	Wr	ShL	DbL	FR	2R	PaL	2R	SL	2R	SkR		SkFL	HR	SkFR			
Hook Skips	Pu	BL		TR	FL	HR	FL	HR	FL	HR	FL	HR	SkFR	HL	SkFL	HR	SkFR
Hook Travel	Pu	BL		TR	FL	HR	FL	HR	FL	HR	FL	HR	SkFR				
Hook Unwind Right	PrRoRBeR	DbL		FR	2R	PaL	1R	FL	1R	HR		Hu6R					

RHYTHM BREAK	MOVE	TRAVEL SEGMENT				TURN SEGMENT				POSITION/LINK SEGMENT				POSITION SEGMENT			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Hook Unwind Right	WrBeR	DbL		FR	2R	PaL	2R	SL	2R	HsR	2R	DfL		HR			
Hooks:Arch:Twinkle	Pu	BR	XL	BR		PaL		FL		FR	TL	BR	SkBR			Hu8R	
Hully Gully 1 C0	OBk	SR		XL		SR		PfL		SL		XR					
Hully Gully 1 C1	OBk	PfL	BL	PfR	BR	PfL		SkFR		FL		SkFL		SL		PfR	BR
Hully Gully 1 C2	OBk	BL		BR		BL		PfR						FR		SkFR	
Jam Hook:Sw Duck	Pu	BL		TR3L	HL	FR		FL	TePxR	Sw3R	Sw3R	FR		BgL3L			
Jam Stag:Fig Fore	Pu		BL	TR	Sw2L	StL	SkFR	FL	FibR	KfR	4RfXrR	FR		Sw2L			
Kick Forward	PrRoR	ShL	DbL	FR	2R	PaL		FL2R	StR	KfR	StR	TR					
Kick Forward	Pu	ShL	BL	TR		PaL		FL		KfR	StR	TR					
Kick Forward	Wr	ShL	DbL	FR	2R	PaL	2R	SL	2R	HR	2R	SL	StR	KfR	StR	TR	
Kick Over	Pu	BL		TR		PaL		FL		KIR		XR					
Kick Side	PrRoL	DbL		FR		FL	2L	KsR	2L	TR		RIL					
Kick:Cross Unwind	PrRoR	DbL		FR		KfL		XsL		Xu12R					KbL	BL	FR
Kick:Drag	Pu	PfL	BL	TR		KbL		FL				DgHR	StL	KfL	XL	BR	
Kick:Figure Fore	Pu	BL		TR	2RStL	KfL	StL4L	TL	FibR	KfR	FixR4R	FR	Sw2L				
Kick:Ronde	Pu	PfL	BL	TR		KfL		BL		RrR		HR					
Kick:Ronde:Skips	Pu	NaSi	FL	KfR		BR		RIL		RiHL	SkFL	HR	SkFR	HL	SkFL	HR	SL
Kick:Snap Kick	Pu	SR	SbL	SR		KfL		TL		SnKbR		TR					
Knee Pop	Pu	KfL	XL	BR		TL	DfR	SiSL		Kp		Kp					
Lunge	PIRoL	4LDfL		BR		FL	Sw4R	Fz		FR	Sw4L	Fz					
Lunge	PIRoL	4LDfL					Sw4R	Fz		FR	Sw4L	Fz					
Lunge	PrRoR	PfL	DbL	FR		DxL	Sp8R	Fz		FR	Sw4L	Fz					
Lunge	Pu	BL		TR		FL	Sp4R	Fz		FR	Sw4L	Fz					
Lunge	Wr	PfL	DbL	FR	2R	PaL		SL		LuFR	4L	Fz					
Lunge Boogie	PrUL	DbL		FR2R	SL	XR		LuFL		FR		DxL	Sp8R	FR	Sw4L	Fz	
Lunge Ronde	PrRoL	DbL		LuFR				Sw4L		LuBg4R		No	TR	ShL	DbL	FR	
Lunge Side	PrRoL	DbL		FR		BL	TR	FL		RIL		CoL					
Lunge:Anchor	WI		BhL2L	SR2L		LuPFL		FL	4L	LuFR	Sw4L	Fz			BL	FR	
Maxixe	PrRoR	ShL	DbL	FR	2RSL	SR	IL	FR2R	HePFL	SIFR	TePbL	SIBR	HePFL	SIFR	HePFL	SIFR	
Maxixe	Pu	ShL	BL	TR	SL	SR	IL	TR	HePFL	SIFR	TePbL	SIBR	HePFL	SIFR	HePFL	SIFR	
Maxixe	Wr	ShL	DbL	FR	2R	PaL	2R	SL	2R	HR2R	SL	TR	HePFL	SIFR	HePFL	SIFR	
Merengue	Pu	BL		TR	CuTL	CuFR	CuTL	CuFR	CuTL	BL	TR	BL	BR				
Nanigo Cha	CO Ex	FR		FL		BR		BR		FL		BR		FL		FR	TL
Nanigo Cha Hips C1	Ex	B	F	B		F	B	F	B	F	B	F		B	F	FR	TL
Out In:Cross	Pu		BL	TR	SL	SR	IL	TR		FL		XR					
Pivot Left	ExRoL	FL	4L	BR	4L	FL	4L	BR		FL							
Pile Shimmy:Drag	Pu	DbL		SR		Fz		Fz	PI	Sz	Sz	Sz	No	BL		DgTR	
POINT ARCH	PI	BhL	2L	SR		PaL		1LFL1L		DfL		Fz					
Point Arch:Freeze	Pu	BL		TR		PaL		1LSR	1LXsL	SISR		Fz					
Point Right	PIRoL	BhL	2L	SR		PaL		FL	2LPaR	PsR		TR					
Point Right	PITRoL	BhL	2L	SR		PaL		FL	PaR	PsR		TR					
Point Right	PIULRoL	4LDfL		BR		PaL		FL	1LPaR	PsR		TR					
Point Right	PIURRoL	2LSbL		SR		PaL	1L	FL	1LPaR	PsR		TR					
Point Right	PrRoL	DbL		FR		BL	TR	FL	4LPaR	PsR		Fz					
Point Side	PrRoR	ShL	DbL	FR	2R	PaL		FL2R	CoR	PsR		TR			BL	FR	
Point Side	Pu	ShL	BL	TR		PaL		FL	CoR	PsR		TR					
Point Side	Wr	ShL	DbL	FR	2R	PaL	2R	SL	2R	HR	2R	SL	CoR	PsR		TR	
Point:X Drag	Pu	BL		TR	3L	PfL	TL	FR	Xd3R			FR					
Prom Turn Right	Wr	PfL	DbL	FR	2R	SL	TR	SL	1R	HR1R	SL	FR					
Quadruple Circle	Pu	TR	DbL	TR	BL	CoR	DfR	TL	DfR	TL	FR	CoL	DbL				
Quadruple Cross	PrRoR	DbL		TR	2RSL	XsR	SL	XsR	1RSL	1RXsR	SL	XsR					
Quiver Together	PrRoR	ShL	DbL	FR	2R	PaL		FL2R	TR	QO	QI	QO	QI				
Quiver Together	Pu	ShL	BL	TR		PaL		FL	TR	QO	QI	QO	QI				
Quiver Together	Wr	ShL	DbL	FR	2R	PaL	2R	SL	2R	HR	2R	SL	TR	QO	QI	QO	QI
Ripple Coupes B	Pu	BL		TRHIF		PfLHIB	FLHIF	TR	PfLHIB	FLHIF	TR	PfLHIB					
Ripple:Drag	Pu	KfL	BL	FR	Sq	Riuf	Riuf	Riuf		BL		DgTR					
Rock	PIRoL	1LPfL	1LSL	SR		HsL	1LSR	XsL	1LPaR	HePbR		TR					
Rock	PrRoR	PfL	DbL	FR	2R	PaL	1R	FL	1R	HePbR		TR					
Rock	Pu	PfL	BL	TR		PaL		FL		HePrR		TR					
Rock	Pu	BL		TR		PaL		FL		HePbR		TR					
Rock	Wr	DbL		FR	4R	SL	TR	SL	2R	HR	2R	DfL					
Ronde	PIRoL	4LDfL		BR		HL	FR	HL		RrR		HR			HePbR		TR
Ronde	Pu	BL		TR		HL	FR	HL		RrR		HR					
Ronde:Ronde	Pu	BL		TR	SkBR	RIL		HL		RrR		HR					
Sailor	CIBk	BL		RR		SL	TR	SL		BiR	SL	SfR					
Sailor	PI	2LFL		BR		BiL	SR	SfL		BiR	SL	SfR					
Sailor	PI	DfL		BR		BiL	SR	SfL		BiR	SL	SfR					
Sailor	PI	2LDfL		SR	1L	BiL	SR1L	DfL		BiR	SL	SfR					
Sailor	PI	SL		RR	Sw1L	HL	SR1L	SfL		BiR	SL	SfR					
Sailor	PIBeR	BhL		FR		BiL	SR	SfL		HR4R	SL	FR					
Sailor	PIRoL	BhL	2L	SR		PaL	1L	FL	1L	BiR	SL	SfR					
Sailor	PIUR	SL		RR		BiL	SR1L	SfL	Pv1L	BiR	SL	SfR					
Sailor	Pr	DbL		FR	Pv2R	SL1R	TR	SL1R		BiR2R	SL	SfR					
Sailor	PrRoR	DbL		FR	2R	PaL	1R	FL	1R	BiR	SL	SfR					
Sailor	PrUL	DbL		FR	1R	BiL	SR	SfL1L		BiR	SL	SfR					
Sailor	Pu	BL		TR		PaL		FL		BiR	SL	SfR					
Sailor	Pu	BL		TR		BiL	SR	SfL		BiR	SL	SfR					
Sailor	Wr	DbL		FR	4R	SL	TR	SL		FR	4R	DfL			BiR	SL	SfR
Sailor	Wr	DbL		FR	Pv2R	TL	RR2R	SL	Sw3R	HsR	Sw1R	SL			BiR	SL	SfR
Sailor	Wr	DbL		FR	2R	PaL	2R	SL	Sw4R	FR		DbL			BiR	SL	SfR
Sailor	Wr	DbL		FR	2R	PaL	2R	SL	2R	HR	2R	DfL			BiR	SL	SfR
Sailor	Wr	DbL		FR	2R	TL	RR2R	SL	2R	HR	2R	SL			BiR	SL	SfR
Sailor Cross Drag	Pr	DbL		FR	2R	BiL	SR	SfL	6R	BiR	SL	SfR			BiR	SL	SfR
Sailor Turn	PrULBeR	DbL		FiR	2R	PaL	2R	FL		HR4R	SL2R	XR					

RHYTHM BREAK	MOVE	TRAVEL SEGMENT				TURN SEGMENT				POSITION/LINK SEGMENT				POSITION SEGMENT			
TIMING		1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&
Sailor Turn R	Pr	DbL		FR	2R	BiL	SR	SfL	2R	HR4R	SL4R	XR					
Sailors	Ex	BiL	SR	SfL		BiR	SL	SfR		BiL	SR	SfL		BiR	SL	SfR	
Sailors	Pu	KfL	XL	BR		BiL	SR	SfL		BiR	SL	SfR					
Scissors:Hitch Sw	Pu	NaCoL		FL		SsFRBL	Sw3L	FL	Sw3RTR	2LPfL	2RTL	2RFR	Sw2L				
Scotch	PrRoR	ShL	DbL	FR	2R	PaL	2R	SLCoR	SR	SL	IR	XsL	BR				
Scotch	Pu	ShL	BL	TR		PaL		FLCoR	SR	SL	IR	XsL	BR				
Scotch	Wr	ShL	DbL	FR	2R	PaL	2R	SL		FR	4R	XsL	SR	SL	IR	XsL	RR
Scotch:Ronde	Pu	BL		TR	SL	SR	IL	XsR	RL	RrR		HR		ShL	TL	FR	
Scotch:Ronde	Pu	NaCoL	BL	TR	SL	SR	IL	PIXR		LeBL	RrR		HR				
Scuff Cross Lunge	Pu	BL		TR	FibL	ScKfL	2R	LuXL		Fz			Xd2LBR				
Scuff X:Crosses	Pu	Si	BL	TR	FibL	ScKfL	StL	XL		XR		XL	BR				
Scuff:Cuban Knee	Pu	PfL	BL	TR	FibL	ScKfL	StL	BL	Sw2L	CuKn			Sw2R	RR			
Scuff:Drag Coupe	Pu	NaSi	BL	TR	FibL	ScKfL	StL	BL	DgR		XR	PbL		KbL	HL	FR	
Scuff:Figure	Pu	NaSi	BL	TR	FibL	ScKfL	StL	BL	StR	KfR	StxR	KfR	StR	KbR	StRSkF	FR	
Scuff:Scuff	Pu	BL		TR	FibL	ScKfL	StL	BL	FibR	ScKfR		XR					
Shuffle Cross	Ex	ShDfL	DbL	XsR	SL	ShDfR	DbR	XsL	SR	ShDfL	DbL	XsR	SL	ShDfR	DbR	XsL	SR
Shuffle Cross	Pu	BL		TR		ShDfL	DbL	XsR	SL	ShDfR	DbR	XsL	SR				
Shuffle Swivel	CIBk	ShL	Sw2RSL	Sw2RFR	Sw4L	ShL	Sw2RSL	Sw2RFR	Sw4L	ShL	Sw2RSL	Sw2RFR	Sw4L	ShL	Sw2RSL	Sw2RFR	Sw4L
Shuffle Swivel	Pu	BL		TR		PaL		FL	TRSw2L	ShL	FLSw4R	FR	Sw2L	NaSi			
Shuffle X:Figure	Pu		FL	HR		ShL	BL	XR	SkBR	KfL	StxL	KfL	StL	KbL	HL	FR	
Shuffle:Hook Cross	Pu	HIDbL		HIDbR	2L	KfL	SL	XR	SL2R	HR4R	TL	XR	4L				
Shuffles	PrRoR	ShL	DbL	FR	2R	PaL		FL2R	TR	ShL	TL	ShR	TR				
Shuffles	Pu	ShL	BL	TR		PaL		FL	TR	ShL	TL	ShR	TR				
Shuffles	Wr	ShL	DbL	FR	2R	PaL	2R	SL	2R	HR	2R	SL	TR	ShL	TL	ShR	TR
Shuttle	CIBk	NaPfL		TL		NaPfR		TR		NaPfL		TL		NaPfR		TR	
Single	CIBk	BL	1R	RR		SL		CoR		SR		CoL	1L				
Sissors X Lu	Wr	DbL		FR	2R	PaL	2R	SL	2R	SR		PfL		Ss	Ss	Ss2RXR	
Skip Points	Pu	TL	SkFL	TR	SKFR	TePxL	SkBR	TL	SkFL	TePxR	SkBL	TR	SkFR				
Skip Points D CO	Pu	PfL	TL	FR		PaL		FL	SkFL	TePfR	SkBL	TePbR	SkFL				
Skip Points D C1	Pu	HR	SKFR	TePfL	SkBR	TePbL	SKFR	HL	SKFL	HR	SL	FR					
Skip:Arch:Point	Pu	BL	SkBL	BR		PaL		FL	StR	PdbR	StR	TR					
Split Freeze	Pu	SwBL		SwBR	1L	PaL		DfL	SISR	Fz							
Split:Boogie	Pu		BL	TR		RL	DfR	SiSL		BgL		BgR					
Stag Swivels	Pu	BL		TR	Sw2R	StL	Sw2L	TL	Sw2L	StR	Sw2R	TR					
Stag:Cross Lunge	Wr	DbL		FR	2R	PaL	2R	SL		LuFR	Xd4R	Fz		Fz		Fz	
Swing Trot	CIBk	2LSL		KxR	2R	FR		KfL	2L	SL		KxR	2R	FR		KfL	
Swivel Back	PrRoR	DbL		FR	FL	FR	Xd5R	BiL	Sw2L	BiR	Sw2R	BiL	Sw1LTR				
Swivel Back	Pu	BL		TR	TL1L	BiR	Sw2R	BiL	Sw2L	BiR	Sw2R	BiL	1LTR1L	ShL1L	BL	TR	
Swivel Cross C0	Pu	BL		TR	Sw2L	HePfL	Pv4R	FIL	Pv4L	TePbR	Sw4R	HePfR	Pv4L	FIR	Pv4R	TePbL	Sw4L
Swivel Cross C1	Pu	HePfL	Pv4R	FIL	Pv4L	TePbR	Sw4R	HePfR	Pv4L	FIR	Pv4R	BiL	Pv4L	FIR	Pv4R	TePbL	Sw4L
Swivel Cross C2	Pu	HePfL	Pv4R	FIL	Pv4L	BiR	Pv4R	FIL	Pv4L	TePbR	Sw4R	HePfR	Pv2L	HePbR		TR	
Swivel Split	Pr	DbL		TR		FxL	Sw4RTR	SiSL									
Swivel Toe Heel C0	Pu	BL		TR	Sw2L	HePfL	Pv4R	FIL	Pv4L	TePbR	Sw4R	HePfR	Pv4L	FIR	Pv4R	TePbL	Sw4L
Swivel Toe Heel C1	Pu	HePfL	Pv4R	FIL	Pv4L	TePbR	Sw4R	HePfR	Pv4L	FIR	Pv4R	TePbL	Sw4L	HePfL	Pv4R	FIL	Pv4L
Swivel Toe Heel C2	Pu	TePbR	Sw4R	HePfR	Pv4L	FIR	Pv4R	TePbL	Sw4L	HePfL	Pv4R	FIL	Pv2L	HePbR		TR	
Swivel Wheel C0	Pu	BL		TR	Sw2L	HePfL	Pv4R	FIL	Pv4L	TePbR	Sw4R	HePfR	Pv4L	FIR	Pv4R	TePbL	Sw4L
Swivel Wheel C1	Pu	HePfL	Pv4R	FIL	Pv4L	TePbR	Sw4R	HePfR	Pv4L	FIR	Pv4R	TePbL	Sw4L	FIL	Sw4R	HePfR	Pv4L
Swivel Wheel C2	Pu	FIR	Pv4R	TePbL	Sw4L	FIL	Sw4R	HePfR	Pv4L	FIR	Pv4R	TePbL	Sw4L	FIL	Sw4R	HePfR	Pv4L
Swivel Wheel C3	Pu	FIR	Pv4R	TePbL	Sw4L	HePfL	2RStL	XL	StR	XR	StL	XL		HePbR		TR	
Syn Triple:Delay	Pu	XL		XR	CuTL	CuBR		CuBL		Fz		CuTR					
Syn Triple:Twinkle	Pu	BL		TR	TL	SwFR		SwFL		FR	TL	BR	ELPbR				
Syn Triples Cuban	Pu	BL		TR	CuTL	CuFR		CuTL	CuTR	CuRL		CuRR					
Triple Chasse	CIBk	BL		RR	1R	SL	TR	SL		SR	TL	SR	1L				
Triple Syn	Pr	DbL		FR	2R	SL2R	XR	SL	SR	SL		HR					
Turn Point	Pu	BL		TR		PaL	1R	FL		RR	TL2L	PdFR					
Twinkle Away	Pu	BL		TR		PaL		FL	Sw4R	BR	TL	FR	Sw4L				
Unwind Spin	PIRoR	2LSL		RR	Sw2L	XL		Xu8R		Pd8R		Pd8R					
Wind/Unwind	Pr	DbL		FR	2R	FL		Xw6R		Uw8L		Sn6L					
Wind/Unwind	WrUL	DbL		FR	2R	PaL	2R	SL		FR4R	SL	Xw4R		Uw8L		Uw8L	
X Side:Fig Fore	Pu	NaSi	BL	TR	Sw3L	SL	1RXR	SL	FibR	KfR	4RFixR	FR	Bg2L				

SWING DANCER'S NOTES

WOMAN'S SWING RHYTHM BREAKS

RHYTHM BREAK	MOVE	TRAVEL SEGMENT				TURN SEGMENT				POSITION/LINK SEGMENT				POSITION SEGMENT			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Anchor	PaPvL	FR	FL4L	BR4L	FL4L	BR	HL	FR	RL								
Anchor	PaPvR	FR	FL	FR4R	BL4R	FR4R	HL	FR	RL								
Anchor	PaTR	NaCoR	FR	DfL	1RFR	1RFL	HL	FR	RL								
Anchor	WrUL	FR	CbFIL	Sw4R	BR	TL	FL	FR	RL								
Ankle Brush:Camel	Pu	FR	FL	PaR	BR	BR	BrL	FR	Sw4L	HL	FR	RL					
Arch Camel:Fz X	Pu	Sw1RFR	Sw2LFL	Sw1R	PaR	CaBR	Fz	BrL	BrL	Sw4L	HL	FR	RL	CaFL			
Arch Plie:Split	Pu	FR	FL	PaR	BR	BR	Fz	BrL	BrL	Sw4L	HL	FR	RL	CaFL			
Arch:Drag	Pu	ShR	FR	FL	2R	PaR	DgCoL	Sw2L	KdTL								
Arch:Drag Coupe	Pu	FR	FL	PaR	BR	BR	DgCoL	Sw2L	KdTL								
Arch:Toe Stabs	Pu	NaSi	FR	FL	2R	TePhR	TL	SR	RIL2L	TsPhsL	2RBL	PfR	FR	FL			
Arch:X Toe Fz	Pu	FR	FL	PaR	BR	BR	TL	SR	RIL2L	TsPhsL	2RBL	PfR	FR	FL			
Attironde	PaPvL	FR	FL4L	BR4L	FL4L	BR4L	StR	TePxR	Fz	Fz	Fz	FR	FL				
Attironde	PaPvR	FR	FL	FR4R	BL4R	FR	StR	TePxR	Fz	Fz	Fz	FR	FL				
Attironde	PaRuL	FR	FL	FR	FL	FR	StR	TePxR	Fz	Fz	Fz	FR	FL				
Attironde	PaSpL	NaPfR	FR	FL	CbFR	Sp8TL	StR	TePxR	Fz	Fz	Fz	FR	FL				
Attironde	PaTL	FR	FL	FR	FL	FR	StR	TePxR	Fz	Fz	Fz	FR	FL				
Attironde	PaTR	NaCoR	FR	FL	FR	FL	StR	TePxR	Fz	Fz	Fz	FR	FL				
Attironde	WrULR	FR	CbFIL	Sw4R	BR	TL	StR	TePxR	Fz	Fz	Fz	FR	FL				
Back Point:Fz	Pu	FR	FL	BR	XL	PbR	StR	TePxR	Fz	Fz	Fz	FR	FL				
Bend Forward	PaPvL	FR	FL4L	BR4L	FL4L	BR4L	StR	TePxR	Fz	Fz	Fz	FR	FL				
Bend Forward	PaPvR	FR	FL	FR4R	BL4R	FR	StR	TePxR	Fz	Fz	Fz	FR	FL				
Bend Forward	PaRuL	FR	FL	FR	FL	FR	StR	TePxR	Fz	Fz	Fz	FR	FL				
Bend Forward	PaSIL	FR	FL	SIFR	SIFR	SIFR	StR	TePxR	Fz	Fz	Fz	FR	FL				
Bend Forward	PaTL	HIDfR	HIDfL	FR	BL	BL	StR	TePxR	Fz	Fz	Fz	FR	FL				
Bend Forward	Pu	HIDfR	HIDfL	Sw4R	TR	FL	StR	TePxR	Fz	Fz	Fz	FR	FL				
Bend Forward	Wr	HIDfR	HIDfL	Sw4R	BR	TL	StR	TePxR	Fz	Fz	Fz	FR	FL				
Body Roll	CIBk	HILSyR	HIBSyF	HIRSyL	HIFSyB		StR	TePxR	Fz	Fz	Fz	FR	FL				
Body Roll	PaSwSIL	FR	FL	FR	4LDbL	SiSR	StR	TePxR	Fz	Fz	Fz	FR	FL				
Boogie	PaSpL	FR	FL	FR	SkfR	SpBL	StR	TePxR	Fz	Fz	Fz	FR	FL				
Boogie	PaSwSIL	NaSi	FR	FL	FR	4LDbL	StR	TePxR	Fz	Fz	Fz	FR	FL				
Boogie	Wr	NaSi	FR	CbFIL	BR	TL	StR	TePxR	Fz	Fz	Fz	FR	FL				
Boogie Down	CIBk	PIBgR	PIBgL	PIBgR	PIBgR	PIBgL	StR	TePxR	Fz	Fz	Fz	FR	FL				
Boogie Down:RiRk	CIBk	PIBL	Sw4L	PIBL	Sw4L	PIBL	StR	TePxR	Fz	Fz	Fz	FR	FL				
Bop	ExRhy	BR	RL	KdCoR	SR	SR	StR	TePxR	Fz	Fz	Fz	FR	FL				
Brush Flick	Pu	FR	FL	3R	PfR	PfR	StR	TePxR	Fz	Fz	Fz	FR	FL				
Butt Kick:Duck Swi	Pu	SwFR	SwFL	KfR	FibR	KfR	StR	TePxR	Fz	Fz	Fz	FR	FL				
Cat	PaSwL	FR	FL	FxR	Sw4L	PfxL	Pz	BgLiL	Sw2L	Sw2L	XL	SkFL					
Choke	PaSIL	FR	FL	SIFR	SIFR	SIFR	Pz	BgLiL	Sw2L	Sw2L	XL	SkFL					
Choke Skip:Rock	PaTL	FR	FL	SkFL	TsPtR	SkFL	FR	Sw4L	HePbL	TL							
Chuggs	ExTLR	SR	TL	SR	4R	SL	TL	4L									
Circle Ronde	Pu	FR	TL	LiR	RrR	RrR	BR	RIL	RIL	BL							
Circle Ronde:Tap	Pu	FR	FL	LiR	RrR	RrR	2RPfR	TeTaR	NaHeBL	NaFL	BL						
Coaster	PaTwL	NaCoR	FR	FL	SkFL	CbFIL	Sw4L	TeTaR	NaHeBL	NaFL	BL						
Coaster:Shuffle Fl	Pu	NaCoR	FR	FL	BR	TL	FR	TeTaR	NaHeBL	NaFL	BL						
Coca Rola	Pu	FR	FL	2L	XR	Pv4R	BL	ShR	FR4L	FibL2R	2L						
Coupe B & F	PaXsL	FR	FL	2L	SR	XsL	SR2L	TR	4R	XL	2L						
Coupe Right	PaXsL	NaCoR	FR	FL	2L	SR	XL	TR	4R	XL	2L						
Coupe Right	Pu	NaCoR	FR	FL	Sw3R	SR	1LXsL	TR	2LPsR	2LPsR							
Coupe:Arch:Twinkle	Pu	Fz	FL	PaR	BR	BR	TL	BL	TR	FL	HR						
Cross	PaXsL	FR	FL	2L	SR	XsL	SR	2L	XL	XR	BL						
Cross Anchor	PaRuL	PfR	FR	FL	FR	FL	Sw4L	XL	BR	XR	BL						
Cross Crouch	Pu	FR	FL	2RBR	XL	2L	BR	CrSw1R	FL	CrSw1L							
Cross Drag	PaRuL	FR	FL	FR	FL	FL	CoL	FL	Xd4L								
CROSS DRAG LEFT	PaXdL	FR	FL	FR	FL	Xd4L	BR	CoL	FL	Xd4L							
Cross Forward	Pu	FR	FL	PaR	BR	BR		FxL									
Cross Lunge	PaPvL	FR	FL4L	BR4L	FL4L	BR4L	FL	XLu4L									
Cross Lunge	PaPvL	FR	FL4L	BR4L	FL4L	BR4L	FL	XLu4L									
Cross Lunge	PaPvR	FR	FL	FR4R	BL4R	FR		XLu4R									
Cross Lunge	PaTR	FR	FL	FR	XLu1R	XLu1R	XLu1R	XLu1R	Fz	Fz	BL						
Cross Lunge	PaXdL	FR	FL	FR	LuFL	Xd2L	Xd2L	Fz									
Cross Lunge	WrUL	FR	CbFIL	Sw4R	BR	TL	FR	FL	FR	FL	XLu4L	Fz					
Cross Lunge Fig 4	Wr	FR	CbFIL	Sw4R	BR	TL	FR2R	SL	LuXR	Xd2R	FL	4RFibL	KfL	FixL4L	FL	CoR2R	BL
Cross Lunge Xd	Wr	FR	CbFIL	Sw4R	BR	TL	FR	2R	SL								
Cross Pivot	PaXsL	NaCoR	FR	FL	2L	SR	XsL	SR	XsL	2LBR	2LFL	2R	NaSi				
Cross Pivot	Pu	NaCoR	FR	FL	Sw3R	SR	1LXsL	SR	XsL	2LBR	2LFL	2R	NaSi				
Cross Point:Fz	Pu	XR	XL	2LStR	XR	SL	PfxR	4R	BL	2R	SR						
Cross Rock	PaSwL	FR	FL	FRS4L	PfL	SL	XR	Ho	SR	Ho	2R	PfR	FR	FL			
Cross Rock:Shuffle	PaTL	FR	FL	3L	SR1L	PsL		SL	XR	BL	ShR	SR	XL	BR	ShL		
Cross Ronde	PaSwL	FR	FL	FR	Sw4L	XL		RiXR	RiXR	RrXL	RiR	TePxR	FxR	HL			
Cross Ronde	Pu	PfR	FR	FL	2RPF	SR		RiXR	RiXR	RrXL	RiR	TePxR	FxR	HL			
Cross Ronde	Pu	FR	FL	2RSR	XL	RiR1L	RiR1L	RiR1L	RiR1L	RiR1L	RiR1L	RiR1L	RiR1L	RiR1L	RiR1L	RiR1L	RiR1L
CROSS SIDE LEFT	PaXsL	FR	FL	DfR2L	XL	SR	2L	XR	SR	RL	CoR	NaCoR	FR	FL			
Cross Side Rocks	Pu	FR	FL	XR	RL	SR	2L	XR	SR	RL	CoR	NaCoR	FR	FL			
Cross Skip Scuff	Pu	FR	FL	SR	XL	XR	SkfBL	ScKfL	SkfStL	XL	CoR	NaCoR	FR	FL			
Cross Travel	Pu	FR	FL	BR	XL	BR	XL	BR	XL	BR	CoR	NaCoR	FR	FL			
Cross:Rock	Pu	FR	FL	2L	LbR	XR		RKSL	RR2R	TL							
Cross:Scissors	PaSwL	ShR	FR	FL	FR	Sw4L	TePxL	SISI		Fz							
Cross:Scissors	Pu	ShR	FR	FL	Sw4R	FR	Sw4L	TePxL	SISI		Fz						
Cross:Scissors	Wr	ShR	FR	CbFIL	Sw4R	BR	TL	FR	4RBL								
Cross:Shuffle	Pu	SL	FR	XL	BR	BL		NaPfR	TR	NaPfL	TL						

RHYTHM BREAK	MOVE	TRAVEL SEGMENT				TURN SEGMENT				POSITION/LINK SEGMENT				POSITION SEGMENT			
TIMING		1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&
Cross:Slip X:Fz	Pu	XR	StL	XL	LbR4L	XR	LbL3R	XL	1L	SxR	Fz	Fz	BL	Fz		Fz	2RHL
Cross:Triple X	PaSwL	FR		FL		FR	Sw4L	XL		XR	XL	XR					
Cross:X Drag	Pu	XR		XL	3R	PfR	TR	FL		XR	Xd2L						
Crosses	PaRuL	04.1	FR	FR		FL		FR	FL	FR		XL		XR		Sw4L	
Crosses	PaSpL	NaPfR	FR	FL		CbFR	Sp8L	XL		XR		XL	Sw4R	KpSi			
Crosses	PaSwL	FR		FL		FR	Sw4L	XL		XR		XL		NaSi			
Crosses	PaTL	ShR	FR	FL	FR	FL	StR4L	XR	StL	XL	StR	XR	BL				
Crosses	PaXdL	FR		FL	FR	FL	Xd2L	Xd2L	StR	XR		XL	SR	SL	FR	FL	
Crosses	Pu	FR		FL		PaR	BR	XL		XR		XL		PfR	FR	FL	
Crosses	Pu	ShR	FR	FL	BR	XL	StR	XR	StL	XL	StR	XR	BL				
Crosses	Wr	ShR	FR	CbFIL	Sw4R	BR	TL	FR	4R	BL	StR	XR	StL	XL	StR	XR	BL
Crosses Syn	Pu	FR		FL	BR	XL		BR	BL	XR		XL					
Crosses:Point	Pu	Si	FR	FL	LiR4L	XR	4R	XL		XR	BL	PfR	Pz				
Crouch	PaXdL	FR		FL	FR	FL	Xd4L	BR		CrTL		No					
Crouch	Pu	FR		FL		BR	XL	BR		CrTL		No					
Crouch	Pu	FR		FL		PI		No		BL	Fz						
Crouch	Wr	FR		CbFIL	Sw4R	BR	TL	FR	4R	BL		BR		CrTL		No	
Crouch Hip Rock	CIBk	CrCaSR		CrCaSL													
Crouch Shuffles	PaTL	FR		FL	FR	FL	4L	CrBR	NoBL	ShR	TR	ShL	TL				
Crouch Wiggle	PaSwL	ShR	FR	FL		FR	Sw4L	HeXL	HtCr	HtCr	HtCr	HtCr	NoXL				
Crouch Wiggle	Pu	ShR	FR	FL	Sw4R	FR	Sw4L	HeXL	HtCr	HtCr	HtCr	HtCr	NoXL				
Crouch Wiggle	Wr	ShR	FR	CbFIL	SW4R	BR	TL	FR	4RBL	BR		HeXL	HtCr	HtCr	HtCr	HtCr	NoXL
Crouch:Drag	Pu	HIDfR		HIDfL		Cr		No		BR		DgTL					
Crouch:Scotch:Skip	PaTR	FR		FL		Cr		No	SR	SL	IR	XsL	4R	XR	SkFR	XL	SkFL
Cuban	PaSwSiL	FR		FL		FR	4LDbL	SiSR		CuKnR		CuKnL		Kp			
Cuban Knee	PaXsL	FR		FL	2L	SR	XsL	SR	2L	CuCoL		SL					
Delay	ExRhy	BR		RL		PaR		SR		PaL		SL					
Delay Swivot:Sw	PaSpL	PfR	FR	FL		PaR		FR	Sp8L	CoL		FL	Sw4R				
Double	ExRhy	BR		RL		SR				RR		RL					
Drag Coupe	PaSwL	FR		FL		FR	Sw4L			DgTL	DgTL	CpPbR					
Drag Flicker	PaSwL	FR		FL		FR	Sw4L	DgCoL	HeO	HeL	HeO	HeL	HeO	HeL	FR	FL	
Drag Left	PaSwXL	ShR	FR	FL		CbFR	Sw4XL	BR		DgPiL		DgTL					
Drag Left	PaTwL	NaCoR	FR	FL		CbFIR	Sw4LTL	BR		DgPiL		DgTL					
Drag Left	Pu	ShR	FR	FL		BR	XL	BR		DgPiL		DgTL					
Drag Left	Pu	NaCoR	FR	FL	Sw3R	SR	3L XL	BR		DgPiL		DgTL					
Drag Left	Wr	ShR	FR	CbFIL	Sw4R	BR	TL	FR	4R	BL		BR		DgPiL		DgTL	
Drag:Scotch	PaSwL	NaCoR	FR	CbFIL	Sw4R	BR	TL	FR	4R	BL	2R	SR		DgPiL	2L	DgTL	
Drag:Scotch	Pu	NaCoR	FR	FL	SkFL	FR	Sw4L	DgCoL	SL	SR	IL	XR	BL				
Drag:Scotch	Wr	NaCoR	FR	CbFIL	Sw4R	BR	TL	FR	4R	BL	DgCoR	BR	SL	SR	IL	XR	BL
Drape	PaSwSiL	FR		FL		FR	4LDbL	SiSR		KdR		KdL		Kp			
Drape	Pu	CuPfR	FR	FL		TePhR	DbR	SiSL		KdR		KdL		SiKp			
Drape	Wr	CuPfR	FR	CbFIL	Sw4R	StR	SkBL	FR	4R	BL	DbR	SiSL		KdR		KdL	
Drape Co	Pu	NaCoR	FR	FL		RR	DbL	SiSR		KdR		KdCoL	TL				
Drape Co	Wr	NaCoR	FR	CbFIL	Sw4R	BR	TL	FR	4R	BL	DbR	SiSL		KdR		KdCoL	TL
Drape Collect	PaSwSiL	FR		FL		FR	4LDbL	SiSR		KdR		KdCoL					
Dubs Scotch	PaTR	FR		FL	SR	SL	IR	XL		DuSoR		Xu4R					
Elvis	Pu	PfR	FR	FL		2RPfR		2LBR		SwR		SwL					
Elvis Drape	PaSwXL	FR		FL	FRSw4L	XL	SR	RkSL		RkSR	KdL	RkSL					
Fan	PaPvL	FR		FL4L		BR4L		FL	PbR	PbR1L	PbR1L	PbR1L	PbR1L				
Fan	PaPvL	FR		FL4L		BR4L	FL4L	BR4L	FL	PbR1L	PbR1L	PbR1L	PbR1L				
Fan	PaPvR	FR		FL		FR4R	BL4R	FR		PbL1R	PbL1R	PbL2R	PfL	Riuf	Riuf	RiufFL	
Fan	PaTR	NaCoR	FR	DfL		FR	PbL	PbL1R	PbL1R	PbL1R	PbL1R	PbL1R	TL				
Fan	PaTR	NaCoR	FR	DfL		FR	FL	FR	PbL	PbL1R	PbL2R	PbL1R	PfL	Riuf	Riuf	RiufFL	
Fan	WrUL	FR		CbFIL	Sw4R	BR	TL	FR		FL		FR		PbR1L	PbR1L	PbR1L	PbR1L
Fig Back:Fig Fore	Pu	FR		FL		KfR	RrR2R	StR	FR	FibL	KfL	FixL4L	FL	CoR2R			
Fig Fore Point	PaXdL	FR		FL		FR		Xd6L		FibR	KfR	FixR4R	PfR	StR2L	KbR	HR	FL
Fig Fore Swivel R	PaTL	FR		FL		SkFL	FR	SkFR	FL	4LFibR	KfR	4RFixR	KfR	4LFibR	FR		
Fig Fore:Fig Back	Pu	Sw1RFR	Sw2L	FL		FibR	KfR	4RFixR	FR	KfL	RIL4L	StL	FL	Bg2R			
Fig Fore:Fig Fore	Pu	SwFR		SwFL		FibR	KfR	FixR3R	FR	FibL	KfL	FixL3L	FL				
Figure Back	PaSpL	FR		FL		CbFR	Sp8L	FL	KfR	RrR4R	StR	PfR					
Figure Back	PaXsL	NaSi	FR	FL	2L	SR	XsL	SR	KfL	RIL4L	StL	FL	2R	NaSi	FR	FL	
Figure Back	Pu	NaSi	FR	FL	Sw3R	SR	1LXsL	DfR	KfL	RIL4L	StL	FL	Bg2R	NaSi	FR	FL	
Figure Back	Wr	NaSi	FR	CbFIL	Sw4R	StR		FR	4R	BL	2R	SR	KfL	RIL4L	StL	FL	Bg2R
Figure Fore	PaPvL	FR		FL4L		BR4L	FL4L	2L	FibR	KfR	FixR4R	FR2L	Si				
Figure Fore	PaPvR	FR		FL		FR4R	BL4R	FR4R	2RFibL	KfL	4LFixL	FL	Sw2R				
Figure Fore	PaRuL	FR		FL		FR	FL	FR	FibL1L	KfL	FixL5L	FR	CoR2R				
Figure Fore	PaSpL	FR		FL		CbFR	Sp7L	FL	FibR	KfR	5RFixR	FR	Sw2LSi				
Figure Fore	PaXsL	NaSi	FR	FL	2L	SR	XsL	DfR	FibL	KfL	FixL4L	FL	Bg2R	NaSi	FR	FL	
Figure Fore	Pu	NaSi	FR	FL	Sw3R	SR	1LXsL	DfR	FibL	KfL	FixL4L	FL	Bg2R	NaSi	FR	FL	
Figure Fore	Wr	NaSi	FR	CbFIL	Sw4R	BR	TL	FR	4R	BL	2R	SR	FibL	KfL	FixL4L	FL	Bg2R
Figure Fore:Drag	Pu	SwFR		SwFL		FibR	KfR	4RFixR	FR	DgL		3LTL					
Figure Fore:Drag	Pu	FR		FL		FibR	KfR3R	FixR	FR	DgTL	3L	DgTL					
Figure Kicks	PaSwL	ShR	FR	FL		FR	Sw4L	PfL	StL	KfL	FixL	KfL	StL	KbL	SkFR	FL	
Figure Kicks	Pu	ShR	FR	FL	Sw4R	FR	Sw4L	PfL	StL	KfL	FixL	KfL	StL	KbL	SkFR	FL	
Figure Kicks	Wr	ShR	FR	CbFIL	Sw4R	PfR		FR	4R	BL	BR	StL	KfL	FixL	KfL	StL	
Figure:Ronde	Pu	FR		TL1L		KfR	2RFixR	KfR	BR	RIL	1L	HL					
Flea Hops	PaTL	NaCoR	FR	FL		FR	2L	XsL	2LSkIL	TR	SKIR	TL	SKIL				
Flea Hops	PaTL	FR		FL		FR2L		XL2L	SKIL	TR	SKIR	TL	SKIL				
Flea Hops	Pu	TR	SkDfR	TL		SkDfL	TR	SkDbR	TL	SKIL	TR	SKIR	TL	SKIL			
Flea Hops	Wr	FR		CbFIL	Sw4R	BR	TL	FR2R	SL	XsR	SKIR	TL	SKIL	TR	SKIR	TL	SKIL
Flea Hops	Wr	NaCoR	FR	CbFIL	Sw4R	BR	TL	FR4R	BL	BR	SKIR	TL	SKIL	TR	SKIR	TL	SKIL
Flick Cross	PaRuL	FR		FL		FR		FR	Sp7L	XFixL		FL	Sw3R				
Flick Stag:X	Pu	FR		FL		FibR	StR3R		FR	XL	5L	XR2R	BL				

RHYTHM BREAK	MOVE	TRAVEL SEGMENT			TURN SEGMENT				POSITION/LINK SEGMENT				POSITION SEGMENT			
TIMING		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Flick:X Lunge	PaSpL	FR		FL		CbFR	Sp8L	XL		FibR	LuFR		Xd4R	HL		
Flip Flop Pv Left	WITL	FR		SL	BR4L	FL4L	PdR	RL8L								
Flip Flop Sp Left	WITL	FR		BLSp8L	TR2L	TR2L	TR2L	TR2L								
Flying Lindy	Wr	KfR	TR	FL	1R	FR2R	FL1R	FR	2R	FL	2R	HR		RIL1L	HL	StR
Freeze	PaSwSiL	TL	SfR	SfL		FR	4LDbL	SiSR		Fz						
Freeze	Pu	FR		FL		PIBR		AsSi	Fz			IR				
Freeze	Pu	NaSi	FR	FL		BR	DbL	SiSR		Fz		IR		TL	SfR	SfL
Freeze	Wr	TL	SfR	SfL	Sw4R	BR	TL	FR	4R	PIBL		Fz				
Freeze Swivel	PaSiL	FR		FL		SIFR		SIFR		Fz		AsSi	Fz			
Grape Ronde	Pu	FR		FL	FR2R	BL	SR	XL		Fz		Sw4XL		XR	XL	SkFL
Grape:Scurf	Wr		FR	CbFiL	Sw4R	BR	TL	FR2R	SL	RIR	2L	RIR	Xd2RBL			
Grape:Split	Pu		FR	FL	XR	BL	BR	XL	BR	DbL		XR	FibL	ScfL	XL	
Grapevine	CIBk	HsR1R	SL1R	XsR1R	SL1R	HsR1R	SL1R	XsR1R	SL1R			SiSR				
Grapevine	Pu	FR		FL2R	FR	HL	SR	XL	SR	HL	SR	XL	2L	XR	XL	
Grapevine:Figure B	PaTL	FR		FL2L	SR	HL	SR	XL	SR	KfL	RIL4L	StLFL	Sw2R	Si		
Grapevine:Ronde H	PaTL	FR		FL2L	SR	HL	SR	XL	SR	RIL1L	RIL1L	HL				
Grapevine:Shuffle	PaTL	FR		FL2L	SR	HsL	SR1L	XsL1L	SR	ShPfL	DbL	XsR	BL			
Grapevine:Spot Dg	PaTL	2RXR	SL	HR	SL	XR	SL	HR	SL	PsR2L	PsR2L	PsR2L				
Heel Swivel Duck	Pu	FR		FL		PbR		BR		HePxL	4L	FL	Sw4R	TeCoR		
Heel Toe:Lunge	PaTR	FR		FL		HeFR	TeBL	TeTR		LuFL		Sw4R				
Hip Circle	OWhl	HIBSR	HiRTL	HiFPsR	HiL	HIBSR	HiRTL	HiFPsR	HiL	HIBSR	HiRTL	HiFPsR				
Hip Lift	PaXdL	FR		FL	FR	FL	Xd4L	BR	DgCoL							
Hip Lift	Pu	FR		FL		BR	XL	BR	DgCoL							
Hip Lift	Wr	FR		CbFiL	Sw4R	BR	TL	FR	4R	BL						
Hip Rock	CIBk	CuSR		CuSL		CuSR		CuSL					DgCoL			
Hip Roll	CIBk	RoHiB		RoHiR		RoHiF		RoHiL								
Hip Roll	PaSiL	FR		FL	SIDfR	SiSL		Pz	RoHiB	RoHiR	RoHiF	RoHiL	Xw4L	StNaB	SkFR	FL
Hip Roll	PaSwSiL	NaSi	FR	FL		FR	4LDbL	SiSR	HiR	HiB	HiSL	HiSL	HiR	RoHiR	Kp	
Hip Roll	Pu	NaSi	FR	FL		RR	DbL	SiSR	Pz	RoHiB	RoHiL	RoHiF	RoHiR	RoHiB	RoHiB	
Hip Roll	Wr	NaSi	FR	CbFiL	Sw4R	BR	TL	FR	CbFiL	Sw4R	DbR	SiSL	Pz	RoHiB	RoHiL	RoHiF
Hip Shift	PaSwSiL	FR		FL		FR	4LDbL	SiSR	HiR	HiR	HiL	HiL				
Hip Slip	PaXsL	NaCoR	FR	FL	2L	SR	XsL	SR2L	HiTL	PsR	HiTR	PsL	HiTL	NaPsR		
Hip Slip	Pu	NaCoR	FR	FL	Sw3R	SR	1LXsL	SR2L	HiTL	PsR	HiTR	PsL	HiTL	NaPsR		
Hip Wiggle	PaPvR	FR		FL		FR4R	BL4R	FR4R	PISL	HiR	HiL	HiR	HiL	NaPsR		
Hip Wiggle	PaSwSiL	FR		FL		FR	4LDbL	SiSR	HiL	HiR	HiL	HiR	RL			
Hip Wiggle T	Pu	FR		FL		PaR		BR	CoL	PIHiR	HiL	HiR	HiL			
Hitch Kick	CIBk	NaPFR	TR	NaRL												
Hitch Kick	PaTwL	NaCoR	FR	FL		CbFiR	Sw4LTL	BR	BL	NaKfR	TR	NaFL	SR	NaSiSL	FR	FL
Hitch Kick	Pu	NaCoR	FR	CbFiL	Sw4R	TR	FL	CbFiR	BL	NaKfR	TR	NaFL	SR	NaSiSL	FR	FL
Hitch Kick Syn	PaTwL	FR		FL		FR	Sw4LTL	BR	BL	NaKfR	FR	NaPbL	BL			
Hitch Swivel	PaPvL	FR		FL4L		BR4L	FL4L	BR	TL3R	NaKfR	FR6L	DfL	BgSw3R			
Hitch Swivel	PaPvR	FR		FL		FR4R	BL4R	FR5R	BL2R	NaKfR	FR6L	DfL	BgSw3R			
Hitch Swivel	WRUL	FR		CbFiL	Sw4R	BR	TL	FR	FL			CbFiR	Sw3LbL	NaKfR	2LTR	2LDfL
Hitch Swivels	PaTR	NaCoR	FR	CbFiL	Sp5R	NaKfR	2LTR	1LDfL	Sw3R	NaKfR	2LTR	1LDfL	2R			Sw3R
HL:Crouch:Scotch	PaTL	HIDfR		HIDfL		CfTR		No	DfL	SR	IL	XsR	Sw4L	Si		
Hook Cross	PaXsL	FR		FL	2L	SR	XsL	DfR	HL	6LTR	XsL	4RSi				
Hook Cross	Wr	CuPFR	FR	CbFiL	Sw4R	StR	SkBL	FR	4R	BL	Sw2R	DfR		HL	6LTR	XsL
Hook Cuban	PaXsL	FR		FL	2L	SR	XsL	SR	2L	HL	CuTR	CuSL				
Hook Cuban	Pu	NaSi	FR	FL	2R	TePhsR		SR	2L	HL	CuTR	CuSL				
Hook Lunge	PaXsL	NaSi	FR	FL	2L	SR	XsL	SR	4L	HsL	1LTR	LuFL	Bg4R	CuPFR		
Hook Roll	PaTwL	NaHi	FR	FL		FR	Sw4LTL	BR	RIL	RIHL	FR	TePhL	BL			
Hook Skips	PaTL	ShR	FR	FL		CbFR	RePv4L	HL	SkFL	HL	SkFR	HL	SkFL			
Hook Skips	Pu	FR		FL	2R	PfR	2L	BR	HL	SkFL	HL	SkFR	2R			
Hook Skips	Pu	ShR	FR	FL		BR		HL	SkFL	HL	SkFR	HL	SkFL			
Hook Skips	Wr	ShR	FR	CbFiL	Sw4R	BR	TL	FR	4R	StL	HL	SkFL	HR	SkFR	HL	SkFL
Hook Swivel	PaXsL	SwPFR	SwFR	FL	1L	SR	XsL	SR	2L	HL	2LTR	CuFL	3R	CuPFR	FR	SwFL
Hook Swivels	Pu	PfL	Sw4L	HL	Sw4R	HR	Sw4L	HL	Sw2R	BR	RL	LIR	XR	Pz		
Hook:Spiral	PaRuL	FR		FL		FR	HL	1LFR	TeHL	Sp6L	FL	Bg3R	Kp			
Hooker	PaSpL	FR		FL		FR	Sp8L	FL	Sw4R	BgHi		BgHi				
Hooks:Arch:Twinkle	Pu	FL	HR	FL		PaR		BR		BL	TR	FL	SkFL			
Hooks:Sailor	PaRuL	O4.2	FR	FR	HL	FR	HL	FR	HL	FR	Sw4L	BiL	SR	SfL		
Hops	PaTwL	NaHi	FR	FL		FR	Sw4LTL	BR	TL	HoB	HoF	HoF				
Hustle QSQS	ExRhy	FR	4R	BL	TR	FL		FR	4L	BL	TR	FL				
Jam Hook:Sw Duck	Pu	FR		HiFL3R	HR	HiFL		FR	TePxL	Sw3L	Sw3L	FL	BgR3R			
Jam Stag:Fig Fore	Pu	FR		FL	Sw2R	StR	SkFL	FR	FibL	KfL	4LFlxL	FL	Sw2R			
Jazz Slide	PaXdL	NaCoR	FR	FL	FR	FL	Xd2L	Xd2L	BR1L	StL	SIBR	TL	1R			
Jazz Slide	Pu	NaCoR	FR	FL	SR	SL	IR	XL	BR1L	StL	SIBR	TL	1R			
Jazz Slide	Wr	NaCoR	FR	CbFiL	Sw4R	BR	TL	FR	4R	BL		BR	1L	StL	SIBR	TL
Jitterbug	ExRhy	HoTR		HoTL		HoPFR		HoTR		HoPFL		HoTL				
Jive	ExRhy	BR		RL		SR	--IL	SR		SL	--IR	SL				
Kick Back Sailor	PaXsL	FR		FL	2L	SR	XsL	SR	2L	KbL	HL	SR	SfL			
Kick Back:Cross CO	Pu	ShR	FR	FL		XR		KfL		HL	SR	XL				
Kick Back:Cross C1	Pu	Pz	2LBR	FL	Pz	Pz	RR2R	XL		XR		XL				
Kick Cross	PaSiL	FR		FL		FR	SIFR	XL		KfR		XR	Xu4L			
Kick Drag Hook	Pu	FR		FL		KfR	BR		DgL	HL	TR	SL				
Kick Forward	PaSwXL	ShR	FR	FL		CbFR	Sw4LXL	BR	StL	KfL	StL	TL				
Kick Forward	Pu	ShR	FR	FL		BR	XL	BR	StL	KfL	StL	TL				
Kick Forward	Wr	ShR	FR	CbFiL	Sw4R	BR	TL	FR	4R	BL		BR	StL	KfL	StL	TL
Kick Hook	Pu	FR		FL		PbR		BR		KbL	HL2L	KdR	2R			
Kick Hop	PaTL	FR		FL		KfR2L	HoL	SR	2L	PsL		TL				
Kick:Drag	Pu	NaPFR	FR	FL		KfR		BR		DgXL		StR	KbR	HR	FL	
Kick:Figure Fore	Pu	FR		FL	2LSfR	KfR	StR4R	TR	FibL	KfL	FixL4L	FL	Sw2R			
Kick:Kick Flick	Pu	FR		FL		KfR		BR	3R	KfL	3L	TLFibR	SkBL			
Kick:Ronde	Pu	PfR	FR	FL		KfR		BR		RIL		HL				

RHYTHM BREAK TIMING	MOVE	TRAVEL SEGMENT				TURN SEGMENT				POSITION/LINK SEGMENT				POSITION SEGMENT			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Kick:Ronde:Skips	Pu	NaCoR	FR	KIL		BL		RrR		HR	SkFR	HL	SkFL	HR	SkFR	HL	SR
Kick:Snap Kick	Pu	NaSiSL	FR	FL		KkR		BR		NaKnL	BL	NaTL	SR	SiSL	FR	FL	
Kicks	Pu	FR		FL		KfxR		BR		KfxL	BL	NaTL	SR	SiSL	FR	FL	
Knee Pop	PaSwSiL	KpSi	FR	FL		FR	4LDbL	SiSR	KpF	KpB	KpF	KpB	KpF	NaSi			
Knee Pop	Pu	KpSi	FR	FL		RR	DbL	SiSR		Kp	Kp	Kp					
Knee Pop	Pu	KbR	HR	FL		BR	DbL	SiSR		Kp	Kp	Kp					
Knee Pop	Wr	KpSi	FR	CbFIL	Sw4R	BR	TL	FR	4R	BL	DbR	SiSL		Kp		Kp	
Knee Pop Turn	PaRuL	FR		FL		FR	FL	FR	TLKp1L	Kp1L	Kp1L	Kp1L					
Knee Pops	Pu	FR		FL		PaR		BR		KpL	KpL	KpL					
Knee Roll:Crouch	PaXdl	FR		FL	FR	FL	Xd4L	BRKeF	TLKeL	KeB	KeR	KeF	KeL	Cr		NoFL	
Knee Roll:Crouch	Pu	FR		FL		BR	XL	BRKeF	TLKeL	KeB	KeR	KeF	KeL	Cr		NoFL	
Knee Roll:Crouch	Wr	FR		CbFIL	Sw4R	StR	SkBL	FR		CbFIL	Sw4R	BRKeF	TLKeL	KeB	KeR	KeF	KeL
Latin Cross	PaPvL	FR		FL4L		BR4L	FL	PsR		XsR	Sw4L	Si					
Latin Cross	PaPvR	FR		FL		FR4R	BL4R	FR		XsL	Sw4L	Si					
Latin Cross	PaSpL	FR		FL		CbFR	Sp8L			Xu2R	Sw4L	Si					
Latin Cross:Xu Fre	PaTL	FR		FL	FR	DxL		SxR	XL	Xu4L		SIFz		NaSi			
Leap Ronde	PaTL	FR		FL	4L	LeBR		RdHL		TePxR		Fz					
Lift Cross	PaXdl	FR		FL	FR	FL	Xd4L		FibR	LiR	XR	BL					
Lift Cross	Pu	FR		FL	2L	LiR	2L	XR	2R	LiL	2R	XL					
Lift Cross Slip	Pu	FR		FL4L		LiR		XR	2L	XL		SxR	2R	Fz	FR	FL	4R
Lift Crosses	Pu	FR		FL4L		LiR		XR		XL		XR	BL	FR	FL		
Lindy SQQSQQ	ExRhy	FR		RL		RL		RR		BL				FR	FL		
Lunge	PaSpL	NaPFR	FR	FL		CbFR	Sp8L	Fz		CbLuFL	Sw4R	PfR					
Lunge	Pu	NaPFR	FR	FL		BR	4L	Fz		CbLuFL	Sw4R	PfR					
Lunge	Wr	NaPFR	FR	CbFIL	Sw4R	BR	TL	FR	4R	BL		BR	4L	CbLuFL	Sw4R	PfR	
Lunge Boogie	PrUL	FR		FL	PfR	PxR		LuFR		LuBg4L		No	TL	ShR	FR	FL	
Lunge Point Back	PaTwL	FR		FL		CbFIR	Sw4LTL	LuPbR		DgPiR		DgCoR					
Lunge Wave	Pu	FR		FL		PaR		BR	RiPbL	LuPbL	RiPiL	NoPiL	TL				
Lunge:Anchor	Wi	FR		FL4L	LuBR	PfL	FL	FR	4R	BL	RR	RL					
Maxixe	PaSwL	ShR	FR	FL		FR	Sw4L	TL	HePfR	SiFL	TePbR	SiBL	HePfR	SiFL	HePfR	SiFL	
Maxixe	Pu	ShR	FR	FL	Sw4R	FR	Sw4L	TL	HePfR	SiFL	TePbR	SiBL	HePfR	SiFL	HePfR	SiFL	
Maxixe	Wr	ShR	FR	CbFIL	Sw4R	BR	TL	FR	4R	BL	BR	TL	HePfR	SiFL	TePbR	SiBL	HePfR
Merengue	Pu	FR		FL	CuTR	CuBL	CuTR	CuBL	CuTR	CuBL	CuTR	CuBL					
Moon Walk	BWr	FR		FL		FR		TL		MoBR		MoBL		MoBR		MoBL	
Moon Walk	PaSwL	FR		FL		FR	Sw4L	MnBL		MnBR		MnBL					
Nanigo Walk	PaTL	NaFR		NaTL		NaFR		NaTL		NaFR	Sw4L	TL					
Orbit	Wi	SR		SL	4L	SR	4L	TL									
Out & In	PaTwL	NaCoR	FR	FL		CbFIR	Sw4LTL	BR	NaSL	NaSR	NaIL	NaIR	BL				
Pass QOSS	ExRhy	BR		RL		FR				BL							
Pin Run:Pinwheel	Pu	SwFR		SwFL	Sw5R	TR	FL	FR	StL	KfL	StL4L	TL					
Pinwheel	PaPvL	FR		FL4L		BR4L	FL	TR	StL	KfL	StL4L	TL					
Pinwheel	PaPvR	FR		FL		FR4R		BL4R	StR	KfR	StR4R	CoR					
Pinwheel	PaSpL	FR		FL		CbFR	Sp8L	FL	StR	KfR	StR4R	CoR					
Pinwheel Left	PaRuL	NaCoR	FR	FL		FR	FL	FR	StL	KfL	StL4L	PsL	TL				
Pinwheel Left	Pu	NaCoR	FR	CbFIL	Sw4R	TR	FL	FR	StL	KfL	StL4L	PsL	TL				
Pinwheel Left	Wr	NaCoR	FR	CbFIL	Sw4R	BR	TL	FR	StL	KfL	StL4L	PsL	TL				
Pinwheel Right	PaTkChR	FR		FL	2LCoR	SR	2R	TL	StR	CbFL	Sp8R	FR	StL	KfL	StL4L	PsL	TL
Pivot Crosses	Pu	FR		FL		PbR	3R	FR		XL	6L	XR					
Pivot L:Together	WrUL	FR		CbFIL	Sw4R	BR	TL	FR		FL4L		BR		3RBL			
Pivot:Scissors	PaTL	FR		FL	FR	FL	Sn8L	TePfR	Ss	Ss	Ss	XL	4R	DgTL			
Pivots L Delay:Si	PaPvL	FR		FL		FR	FL4L	BR4L		FL4L	SR	SiSL					
Pivots L:Pivots L	PaPvL	FR		FL4L		BR4L	FL4L	BR4L		FL4L	BR4L	FL4L					
Pivots L:Pivots L	WrUL	FR		CbFIL	Sw4R	BR	TL	FR		FL4L	BR4L	FL4L					
Pivots L:PvL Si	PaPvL	FR		FL4L		BR4L	FL4L	BR4L		FL4L	SR	BR4L		FL4L	BR4L	FL4L	
Pivots L:Spin L	PaPvL	FR		FL4L		BR4L	FL4L	BR4L		FL4L		SiSL					
Pivots L:Spin L A	PaPvL	FR		FL4L		BR4L	FL4L	BR4L		FL4L		Pd8L					
Pivots L:Spin L B	PaPvL	FR		FL4L	BR4L	FL4L	BR4L	FL4L		Pd8L		Pd8L					
Pivots L:Together	PaPvL	FR		FL4L		BR4L	FL4L	BR		DgTL		Pd8L					
Pivots L:Together	TmWrUL	FR		FL		FR	TL	BR4L		FL4L	FR4R	BR		DgTL			
Pivots R:Pivots R	PaPvR	FR		FL		FR4R	BL4R	FR4R		BL4R		BL					
Pivots R:Spin R	PaPvR	FR		FL		FR4R	BL4R	FR4R		Pd8R		Pd8R					
Pivots R:Together	PaPvR	FR		FL		FR4R	BL4R	FR4R	CoL	TL							
Pivots R:Together	TmWrUR	FR		FL		FR	TL	BR		BL4R		FR4R	CoL	TL			
Pivots R:Together	WrUR	FR		CbFIL	Sw4R	BR	TL	FR4R		BL4R		FR4R		TL			
Pivots:Spins L	ExTLR	BR4L		FL4L		Pd8L		Pd8L									
Pivots:Spins R	ExTLR	BL4R		FR4R		Pd8R		Pd8R									
Plie Hip Wiggle	PaPvL	FR		FL4L		BR4L	FL4L	DbR	PiSL	HiR	HiL	HiR	HiL				
Plie Shimmy:Drag	Pu	FR		FL	PI	Sz	Sz	No	Sw2R	PiRR	Sw2L	PiRL	Sw1R	BR		DgTL	
Plie Swivel	Pu	1RSR	Sw2L	RL	Sw2R	PIRR	Sw2L	PIRL	Sw2R	NaPbL		NaTL					
Point Back	PaTwL	FR		FL		CbFIR	Sw4LTL	BR		PbL		TL					
Point Back	Pu	FR		FL		FR	FL	FR	Sw4L	PxsL	StL	TL					
Point Cross Side	PaRuL	FR		FL		2RPfR	SR	XL	Sw3L	BR	Sw2R	BL					
Point Cross:Swivel	Pu	PfR	FR	FL		CbFIR	Sw4LTL	BR		NaPFL		NaTL					
Point Forward	PaTwL	NaCoR	FR	FL		FR4R	BL4R	FR	4RCOL	PsL		TL					
Point Left	PaPvR	FR		FL		FR1R	FL1R	FR1R	CoL	PsL		TL					
Point Left	PaTR	NaCoR	FR	DfL	1R	BR	TL	FR		FL		CbFIR	Sw4L	PsL			
Point Left	WrUL	FR		CbFIL	Sw4R	BR	TL	FR		PsL		TL					
Point Side	PaPvL	FR		FL4L		BR4L	FL4L	BR	CoL	PsL		TL					
Point Side	PaTwL	NaCoR	FR	FL		CbFIR	Sw4LTL	BR		NaPFL		NaTL					
Point Side	PaXdl	FR		FL	FR	FL	Xd4L	BR	CoL	PsL		TL					
Point Side	Pu	ShR	FR	FL		BR	XL	BR	CoL	PsL		TL					
Point Side	Wr	ShR	FR	CbFIL	Sw4R	BR	TL	FR	4R	BL		BR		CoL	PsL	TL	
Point Split	Pu	NaSiSR		FL		TePhR	BR	PfL	BL	PfR	SR	PSL	CoL	NaSiSR			
Point Swivel	PaSwL	SwFR		SwFL		FR	4L	PfL		BL	TRSw2L	FL	Sw2RSi				

RHYTHM BREAK	MOVE	TRAVEL SEGMENT				TURN SEGMENT				POSITION/LINK SEGMENT				POSITION SEGMENT			
TIMING		1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&
Point:Cross	Pu	FR		FL		PfR		BR		XL		XR	BL	PfR	FR	FL	
Point:Stag	Pu	FR		FL		PaR		BR		LuPbL		CoL		NaStL		FL	
Point:Swivel	Pu	SwFR		SwFL		SwPfR		SwBR		SwBL	SwTR	Sw3LFL	Sw3RCo				
Point:Swivot	Pu	FR		FL		BR3L	SL	PxR	Sp5R	FR	Sw4L	FL	Sw2R				
Point:X Drag	Pu	FR		FL	3R	PfR	TR	FL	Xd5L		BR	FL2R					
Points	Pu	FR		FL		PaR	BR	ShL	TL	ShR	TR	ShL	SR	NaSL		FL	
Prance	PaRuL	FR		FL		FR	FL	FIR	Sw4LTl	RR	RL	RR	RL				
Pv14L:Sailor 0L	WITL	FR		FL5L		BR5L	FL4L	SR		HL	SR	DfL					
Pv14L:Sailor 2L	WITL	FR		FL5L		BR5L	FL4L	SR		HL1L	SR1L	XfL					
Pv15L:Sailor 5L	WITL	FR		FL5L		BR5L	FL5L	SR		HL2L	SR2L	XfL1L					
Pv16L:Sailor 6L	WITL	FR		FL5L		BR5L	FL5L	SR1L		HL4L	SR2L	XfL					
Pv16L:Sailor 8L	WITL	FR		FL5L		BR5L	FL5L	SR1L		HL4L	SR4L	XfL					
Quad Chasse:Cross	PaChL	FR		FL	2LSR	TL	SR	XsL	2L	FibR	LiR	XR	BL				
Quad Cl:Scotch:X	Pu	TL	FR	TePhL	DbL	TR	BL	TePtR	SR	SL	IR	XL		XR		XL	SkFL
Quad X:Ronde X	PaXsL	FR		FL2L	SR	XL	SR	XL		RIR2L		XR					
Quadruple Circle	Pu	TL	DfR	TL	FR	CoL	DbL	TR	DbL	TR	BL	CoR	DfR				
Quadruple Cross	PaTL	NaCoR	FR	FL2L	SR	XsL	SR	XsL	SR	XsL1L	SR1L	XL	StR	XR	StL	XL	SkFL
Quadruple Cross	Pu	NaCoR	FR	FL2R	SR	XsL	SR	XsL	SR	XsL1L	SR1L	XL	StR	KbR	HR	FL	
Quadruple Cross	Wr	NaCoR	FR	CbFiL	Sw4R	BR	TL	FR	4R	BL2R	SR	XsL	SR	XsL1L	SR1L	XL	StR
Quads	PaTL	XL	SR	XL	SR	XL	SR	XL	SR	XL	SR	XL4L	SR				
Quiver	PaSwSiL	NaCoR	FR	FL		FR	4LDbL	SiSR	QI	QO	QI	QO	QI	NaSi			
Quiver	Pu	NaCoR	FR	FL		RR	DbL	SiSR	QI	QO	QI	QO	QI	NaSi			
Quiver	Wr	NaCoR	FR	CbFiL	Sw4R	BR	TL	FR	CbFiL	Sw4R	DbR	SiSL	QI	QO	QI	QO	QI
Quiver Together	PaSwL	ShR	FR	FL		FR	Sw4L	PfL	TL	QO	QI	QO	QI				
Quiver Together	Pu	ShR	FR	FL	Sw4R	FR	Sw4L	TL	QO	QI	QO	QI	QI				
Quiver Together	Wr	ShR	FR	CbFiL	Sw4R	BR	TL	FR	4R	BL		BR	TL	QO	QI	QO	QI
Rib Cage	CIBk																
Ripple Back	PaSwL	FR		FL		FR	Sw4L	BL		Riub	Riub	Riub	Riub				
Ripple Coupes B	Pu	FR		FLHiB		PbRHIF	BRHiB	TL		PbRHIF	BRHiB	TL	PbRHIF				
Ripple Forward	PaRuL	FR		FL		FR	FL	FR		Riuf	Riuf	Riuf	RiufRL				
Ripple Forward	PaSwL	FR		FL	SkFL	FR	Sw4L	PfL		Ri	Ri	FL					
Ripple:Drag	Pu	FR		FL	Sq	Riuf	Riuf	Riuf		BR		DgTL					
Ripple:Swivel	PaTL	FR		FL	SkFL	SiPfR	Riuf	Riuf	Riuf	FR	Sw4L	PfL					
Rock	PaTwL	NaCoR	FR	FL	SkFL	CbFiR	Sw4LTl	BR		HePbL		NaTL					
Rock	Pu	NaCoR	FR	CbFiL	Sw4R	TR	FL	CbFiR	Sw4L	HePbL		NaTL					
Rock & Roll	ExRhy	BR		RL		KdCoR		SR		KdCoL		SL					
Rock Bumps	CIBk	NaCoR	TR	RL		HePbR		TR		HePbL		TL					
Rock Coupe	Pu	FR		FL		PaR		BR	SL	RR	TL	CpPsR	Fz				
Rock Toe Stab	PaTwL	FR		FL		FR	Sw4LTl	BR	BL	NaPfR	FR	NaTsbL	BL				
Ronde	PaPvL	FR		FL4L		BR4L	FL4L	BR		RiR			HL				
Ronde	PaPvR	FR		FL		FR4R	BL4R	FR4R	BL	RrR		CoR					
Ronde	PaTR	NaCoR	FR	DfL		FR	Xd2R	Xd2R	BL	RrR			HR	NaPxL	SkFR	FL	
Ronde	PaTwL	NaCoR	FR	FL		CbFiR	Sw4LTl	BR		NaRiL		NaHL					
Ronde	PaXdL	NaCoR	FR	FL	FR	FL	Xd2L	Xd2L	BR	RiL			HL				
Ronde	Pu	NaCoR	FR	CbFiL	Sw4RTR	FL	Xd2L	Xd2L	BR	RiL			HL				
Ronde	Wr	FR		CbFiL	Sw4R	BR	TL	FR	4R	BL		BR	RiL				
Ronde	WrUL	FR		CbFiL	Sw4R	BR	TL	FR		FL	Xd2L	Xd2L	BR	RiL			
Ronde Back	CIBk	NaCoR	TR	RL		NaRrR		NaHR		NaRiL		NaHL					
Ronde Cross	PaXdL	FR		FL		FR	FL	Xd3L	Ri1L	Ri1L	Ri1L	XR	Xd2LHL				
Ronde Cross	PaXsL	FR		FL	2L	SR	XL	SR	XL	5L	RiXR	RL	3R				
Ronde Cross	Wr	FR		CbFiL	Sw4L	BR	TL	FR	4R	BL	3RSR	XL					
Ronde Flick	Pu	PfR	FR	FL		PfR	BR	XL	FibR	RiFiBr	Ri	RiFiBr					
Ronde High	PaTwL	NaCoR	FR	FL		CbFiR	Sw4LTl	BR		NaRiL		NaHL					
Ronde Toe Stab	PaXsL	FR		FL	2L	SR	XsL	SR	2L	RiL	TsPhsL	TsPhsL	BL				
Ronde Toe Stab	PaXsL	FR		FL	2L	SR	XsL	SR	2L	RiL	FIL	TsPhsL	FIL	BLShR	FR	FL	
Ronde:Ronde	Pu	FR		FL	SkBL	RrR			HR	RiL		HL					
Ronde:Skips Syn	PaTL	FR		FL		FR	RiL2L	RiL2L	HL	SkFL	HR	SkFR	HL				
RUN LEFT	PaRuL	NaCoR	FR	FL		FR	FL	FR									
Run:Crosses	PaTR	PfR	FR	FL	1R	FR1R	FL1R	FR1R		XL		XR	BL				
Sailor	CIBk	1RBR		RL	1L	SR	TL	SR		BiL	SR	SfL					
Sailor	PaPvL	FR		FL4L		BR4L	FL4L	BR		BiL	SR	SfL					
Sailor	PaTkChr	2RBR		FL	Pv2L	SR	TL2R	FR	Pv4R	BiL	SR	SfL					
Sailor	PaTR	FR		FL	Sw1R	FR1R	FL1R	FR1R		FL1R	FR1R	SfL					
Sailor	PaXdL	2RBR		FL		FR	FL4L	BR		BiL	SR	SfL					
Sailor	PaXsL	FR		FL		DfR2L	XL	SR	2L	BiL	SR	SfL					
Sailor	PaXsL	FR		FL		FsR2L	XL	SR	2L	BiL	SR	SfL					
Sailor	PaXsL	2RBR		FL	Pv2L	SR	XL	SR	Sw2L	BiL	SR	SfL					
Sailor	Pu	FR		FL		BR	XL	BR		BiL	SR	SfL					
Sailor	Pu	FR		FL		BR	XL	BR		BiL	SR	SfL					
Sailor	TLBWr	FR		FL4L		BR4L	TL	BR		BL		BR		BiL	SR	SfL	
Sailor	Wr	FR		CbFiL	Sw4R	BR	TL	FR	Pv4R	BL		BR		BiL	SR	SfL	
Sailor	WrUL	FR		CbFiL	Sw4R	BR	TL	FR		FL		FIR	Sw4L	BiL	SR	SfL	
Sailor Turn	PaPvL	FR		FL4L		BR4L	FL4L	BR	1L	HS1L	SR1L	XsL1L					
Sailors	Pu	KbR	HR	FL		HR	SL	SfR		HL	SR	SfL					
Sashay	CIBk	KdL	ILSL	KdR	IRSR	KdL	1LSL	KdR	1RSR								
Sashay	PaSwSiL	ShR	FR	FL		FR	4LDbL	SiSR	SL	TePiR	SR	TePiL	SL				
Sashay	Pu	NaSi	FR	FL		RR	DbL	SiSR	RL	KdPiR	SR	KdPiL	SL				
Sashay	Wr	NaSi	FR	CbFiL	Sw4R	BR	TL	FR	CbFiL	Sw4R	DbR	SiSL	RL	KdPiR	SR	KdPiL	SL
Scissors	PaPvL	FR		FL4L		BR4L	FL4L	BR4L	Ss	Ss	Ss	Sw4R					
Scissors	PaSiL	FR		FL		FR	SiFR	Pz		SsFLBR		SsFRBL	Sw4L				
Scissors Split	PaTL	FR		FL		FR		XL		SsSi		Xw4L	BR	TePxL		FL	SkFL
Scissors:Hitch Sw	Pu	NaCoR	FR	FL		SsFRBL	Sw3L	FL	Sw4R	PfR	2LTR	FL	2R	NaPfR	SwFR	SwFL	
Scout Back	PaTL	4LBR	TLPbR			FR	TLPbR			BR	TLPbR						
Scout Back	Pu	FR		FL		PbR		BR	BL	PbR		Pz					

RHYTHM BREAK	MOVE	TRAVEL SEGMENT				TURN SEGMENT				POSITION/LINK SEGMENT				POSITION SEGMENT			
TIMING		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Scout Side	PaTL	2LSR	TLPsR			SR	TLPsR			SR	TLPsR	2L	XR			XL	
Scout:Crouch X Bg	PaTR			FL	HR	BgCr	BgCr	BgCr	BgCr	BgCr	BgCr	4RNo	ARPfL				
Scouts:Flick:Xd	PaTL			FL	ARPfL					FL	Xd4L	BL	ARPfL				
Scouts:Ronde	PaTL			FL	ARPfL					FL	FL4L	BR	RIL				
Scouts:Scotch:X	PaTL	PfL		FL	ARPfL					FL	FL	BR	RIL				
Scotch	PaSpL	FR		FL		CbFR	Sp8L	XL	SR	SL	IR	XsL	4L	XR		XL	SkFL
Scotch	PaSwXL	ShR	FR	FL		CbFR	Sw4LXL	BR	SL	SR	IL	XR	Sw4R	Si			
Scotch	Pu	ShR	FR	FL		BR	XL	BR	SL	SR	IL	XR	BL				
Scotch	Wr	ShR	FR	CbFIL	Sw4R	BR	TL	FR	4R	BL	BR	BR	SL	SR	IL	XR	BL
Scotch H:Unwind	PaTL	FR		FL	SR	SL	IR	HsL		Hu4L		Si					
Scotch Hook:Point	WrUL	FR		CbFIL	Sw4L	BR	TL	FR	SL	SR	IL	HR	FL4L	BR	PsL		
Scotch Scoot	WrULR	FR		FL	4RDbR	SiSL	IR	FL	ARPfL			FL	ARPfL				
Scotch:Attironde	PaTL	FR		FL	SR	SL	IR	XsL	AtR	RIR2L	RIR2L	XR	NaBL	PfR	FR	FL	Sw4R
Scotch:Cross	PaTL	FR		FL	DfR	SL	IR2L	XL	StR2L	1L	1L	XR2R	BL				
Scotch:Cross	Pu	ShR	FR	FL	SR	SL	IR	XL		XR		XL					
Scotch:Fan:CrestCO	PaTR	FR		FL	SR	SL	IR	HL	FR	PbL1R	PbL1R	PbL1R	PbL1R				
Scotch:Fan:CrestC1	PaTR	Riuf	Riuf	RiufFL		HiDfR		HiDfL		FR	Sw4L	DgTL					
Scotch:Leap Ronde	PaTL	NaCoR	FR	FL	SR	SL	IR	PIXL	4L	LeBR	RIL		HL				
Scotch:Leap Ronde	Pu	NaCoR	FR	FL	SR	SL	IR	PIXL		LeBR	RIL		HL				
Scotch:Leap Ronde	Wr	NaCoR	FR	CbFIL	Sw4R	SIB	IR	FL	HR	CbPIFL	4R	LeBR	RIL				
Scotch:Ronde	Pu	NaCoR	FR	FL	SR	SL	IR	PIXL		LeBR	RIL		HL				HL
Scotch:Ronde X	PaTL	FR		FL	SR	SL	IR2L	XsL1L	RIR1L	RIR1L	RIR1L	XR2R	BL				
Scotch:Scoot	PaTR	FR		FL	SR	SL	IR	DxL	HRPFL			FL	Sw4R				
Scuff	PaSpL	FR		FL		FR	Sp8LTL	FR	FibL	ScKfL	4R	XL					
Scuff	PaSwXL	NaSi	FR	FL		CbFR	Sw4LXL	BR	FIBL	ScFL	LIL	XL					
Scuff Cross Lunge	Pu	HiFR		HiFL	FibR	ScKfR	2L	LuXR		Fz			Xd2RBL				
Scuff Drag	Pu	FR		FL	FibR	ScFR		BR		DgL			TL				
Scuff Pivot	PaPvL	FR		FL4L	BR4L	FL4L	BR4L	FL	FibR	ScKfR	StR4L	CoR					
Scuff Pivot	PaPvL	FR		FL4L		BR4L		FL	FibR	ScKfR	StR4L	CoR					
Scuff Pivot	PaPvR	FR		FL		FR4R	BL4R	FR	FibL	ScKfL	4RStL	TL					
Scuff Pivot	PaTR	NaCoR	FR	DfL		FR	1RFL	FR	FibL	ScKfL	3RStL	TL					
Scuff Pivot	WrULR	FR		CbFIL	Sw4R	BR	TL	FR		FL	FR	FibL	ScKfL	4RStL	TL		
Scuff Split Fz	Pu	FR		FL	FibR	ScFR	StR	DbR	SiSL	Fz							
Scuff Stag	PaTL	FR		FL	FR2L	XL	SR	FibL	ScFL	ScStL	4LPfL	2RTL					
Scuff X:Crosses	Pu	Si	FR	FL	FibR	ScKfR	StR	XR		XL	XR	BL					
Scuff X:Statue	PaSwL	FR		FL		FR	Sw4L	DgCoL	FibL	ScKfL	StL	TePxL					
Scuff:Cuban Knee	Pu	PfR	FR	FL	FibR	ScKfR	StR	BR	Sw2R	CuKn		Sw2L	RL				
Scuff:Drag Coupe	Pu	NaSi	FR	FL	FibR	ScKfR	StR	BR	DgL	XL	PbR						
Scuff:Figure	Pu	NaSi	FR	FL	FibR	ScKfR	StR	BR	StL	KfL	StxL	KfL	StL	KbR	HR	FL	
Scuff:Scuff	Pu	FR		FL	FibR	ScKfR	StR	BR	FibL	ScKfL	StL	XL		KbL	StLSkF	FL	
Shimmy	PaSwSiL	FR		FL		FR	4LDbL	SiSR		Sz	Sz	Sz	Sz				
Shoulder Roll	PaSwSiL	FR		FL		FR	4LDbL	SiSR		SoRoL	SoRoR						
Shuffle	PaPvL	FR		FL4L		BR4L	FL4L	BR	4L	FL4L	TR	ShL	TL				
Shuffle	PaPvR	ShR	FR	FL	FR4R	BL4R	FR			FLSw4R	TR	ShL	TL				
Shuffle	PaSpL	FR		FL		CbFR	Sp8L	PxL	Pz	FL	Sw4RTR	ShL	TL				
Shuffle	PaTR	ShR	FR	DfL		FR	FL	FR		FLSw4R	TR	ShL	BL				
Shuffle	WrULR	FR		CbFIL	Sw4R	BR	TL	FR		FL	FR						
Shuffle Swivel	CIBk	ShR	Sw2LTR	Sw2LFL	Sw4R	ShR	Sw2LTR	Sw2LFL	Sw4R	ShR	Sw2LTR	Sw2LFL	Sw4R	FL	Sw4RTR	ShL	TL
Shuffle Swivel	Pu	NaSi	FR	FL		BR	XL	BR	2RTL	ShR	FR2L	2LFL	Sw2R	ShR	Sw2LTR	Sw2LFL	Sw4R
Shuffle Swivel	Wr	NaSi	FR	CbFIL	Sw4R	BR	TL	FR	4R	BL	CoBR	2RTL	ShR	NaSi	FR2L	2LFL	Sw2R
Shuffle X:Figure	Pu		FR	HL		ShR1R	BR	XL	SkBL1L	KfR	StxR	StR	4R	KbR	HR	FL	
Shuffle:Hook Cross	Pu	HiDfR		HiDfL	2R	KfR	SR	XL	SR2L	HL4L	TR	XL	4R				
Shuffles	PaSwXL	ShR	FR	FL		CbFR	Sw4LXL	BR	TL	ShR	TR	ShL	TL				
Shuffles	Pu	ShR	FR	FL		BR	XL	BR	TL	ShR	TR	ShL	TL				
Shuffles	Pu	FR	2L	TL		ShR	TR	RL		ShR	TR	RL					
Shuffles	Wr	ShR	FR	CbFIL	Sw4R	BR	TL	FR	4R	BL	BR	TR	TL	FR	PsL2R		
Shuttle	CIBk	NaPfR		TR		NaPfL		TL		NaPfR		TR		ShR	NaPfL	ShL	TL
Side Lunge	Wr	FR		CbFIL	Sw4R	BR	TL	FR	4R	LuSL		Fz					
Side Points	PaXsL	FR		FL	2L	SR	XsL	SR	2L	PsL	TL	PsR					2R
Side Ripples	Pu	FR		FL		SRISR				SRISL							
Side Rock	PaPvL	FR		FL4L		BR4L	FL4L	BR2L		RkSL		RR	TL2R				
Side Rock	PaPvR	FR		FL		FR4R	BL4R	FR2R		RkSL		RR	TL2R				
Side Rock	PaTwL	FR		FL		CbFIR	Sw4LTL	BR	Sw2L	RkSL		RR	TL2R				
Side Rock:Point	Pu	SwFR		SwFL	Sw4R	SR	RL	TR	HL2L	FR2L	TL	PsR					
Single	ExRhy	BR		RL		SR		CoL		RL		CoR					
Sissors:X	Pa	FR		FL	FR	FL	8L	PfR	Ss	Ss	LiR		FibL	ScFL	LiL	XL	Uw4R
Sissors:X	Pa	FR		FL	FR	FL	4L	PfR	Ss	Ss	LiR		XR				
Skip Scuffs	Pu		FR	FL	SR	SL	IR	XL	FibR	KfR		XR	SkBR	KbL	KfL	FL	
Skip:Arch:Point	Pu	FR	SkFR	FL		PaR		BR	StL	PdbL	StL	TL					
Skip:Drag	Pu	FR		FL	SkFL	TePhR	Do	BR		DgPiL	No	DgTL					
Skips	PaTL	FR	SkFR	FL	SkFL2L	SR	SkFR2L	HL	SkFL	HR	SkFR	HL	SkFL				
Skips	Pu	NaSi	FR	FL		HR	SkFR	HL	SkFL	HR	SkFR	HL	SkFL				
Slalom Hop	PaXsL	FR		FL	2L	SR	XsL	SR	CoL2L	HoSR	HoSL	HoSR	HoSL				
Slide	Pu	FR		FL		TR	SIB	SIB	SIB	SIB							
Slide Inward	PaSwSiL	FR		FL		FR	4LDbL	SiSR		SiLIR		SITLTR					
Slide Kick	Pu	FR		FL		BR	TL	SIB		KfL		TL					
SLIDE LEFT	PaSiL	FR		FL		SIFR		SIFR									
Slide Scissors	PaSiL	FR		FL		SIFL	SsFB	SsFB									
Slip Cross	PaXsL	FR		FL	2L	SR	XsL	SxR		Fz			RL2L				
Slip Cross	Pu	FR		FL		KfR	2RSR	XL2L	BR	XL		XsR	Xd2RHL				
Slip Cross	Pu	FR		FL	2R	SR		XL	2L	SxR2L			Xd2RBL				
Slip Cross	Wr	FR		CbFIL	Sw4R	BR	TL	FR	4R	BL2R	SR	XL4L	SxR	Fz			
Snap Kick	PaTwL	NaCoR	FR	FL		CbFIR	Sw4LTL	BR		NaKsL		NaTL					
Snap Kick	Pu	NaCoR	FR	CbFIL	Sw4R	TR	FL	CbFIR	Sw4L	NaKnL		NaTL					

RHYTHM BREAK TIMING	MOVE	TRAVEL SEGMENT				TURN SEGMENT				POSITION/LINK SEGMENT				POSITION SEGMENT			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Sp:Pv:Spin L/R	ExtLR	CbFR	Sp8L	FL4L		Pd8L	CoR	TR		CbFL	Sp8R	FR4R		Pd8R	CoL	TL	
Sp:Pv:Spins L/R	ExtLR	CbFR	Sp8L	FL4L		Pd8L	CoR	TR		CbFL	Sp8R	FR4R		Pd8R	CoL	TL	
Sp:PvL:Spin L	WrUL	FR		CbFIL	Sw4R	BR	TL	FR		FL	Sp8R	CbFR	Sp8L	FL4L	Pd8L	Pd8R	TL
Sp:PvR:Pivots R	WrUR	FR		CbFIL	Sw4R	BR	TL	FR		FL	Sp8R	FR4R		FL4L	Pd8L		
Sp:PvR:Spin R	PaPvR	FR		FL	Sp8R	FR4R	BL4R	FR4R		Pd8R				BL4R	FR4R		
Sp:PvR:Spins R	WrUR	FR		CbFIL	Sw4R	BR	TL	FR		FL	Sp8R	FR4R		Pd8R			
Sp:PvR:Together	WrUR	FR		CbFIL	Sw4R	BR	TL	FR		CbFL	Sp8R	FR4R		Pd8R			
Sp:PvR:Walk Swivel	FiWr	FL	Sp8R	FR4R		FL		FR	Sw4L								
Sp:Pvs:Spin L/R	ExtLR	CbFR	Sp8L	FL4L	BR4L	FL4L		Pd8L		CbFL	Sp8R	FR4R	BL4R	FR4R			
Sp:PvsR:Pivots R	PaPvR	FR		CbFL	Sp8R	FR4R	BL4R	FR4R		BL4R	FR4R	BL					
Sp:PvsR:Together	PaPvR	FR		CbFL	Sp8R	FR4R	BL4R	FR4R	CoL	TL							
Spin	WrUL	FR		CbFIL	Sw4R	BR	TL	FR		FL		CbFR	Sp8L	FL	4L	Pd8L	
Spin:Cross	Pu	SwFR		SwFL4R	TePbR	8L	TR	LIL4R		XL		XR	BL				
Spins L	PITL	FR		FL4L		Sn8L		Sn8L									
Spiral	PaRuL	FR		FL		FR	FL	FR		Sp8L		FLCoR	Sw4R				
Spiral:Lunge	Pu	FR		FL		TePhR		BR	Sp4L	TePxR		FL	Sw4R				
Split Away	PaSpL	FR		FL		DfR	Sp8LCo	SiSL	Xw4R	Fz		Fz					
Split Away	PaTL	FR		FL	2L	SR		SiSL	Xw4R	Fz		Fz					
Split Dubs:Xw	PaTL	FR		FL		DfR	SiSL	DuSoR		DuSoL		Xw4L					
Split Hop Together	Pu		FR	FL		PbR		BR		HoSi	HoI	HoT					
Split Triple	Pu	FR		FL		PbR		BR	SL	SR	IL1L	CoR	1R				
Split:Boogie	Pu		FR	FL		BR	DbL	SiSR		BgR		BgL					
Split:Crosswind	PaSiL	FR		FL		SIFR		SiSi		Xw2L	Xw2L	Fz					
Split:Crosswind	PaTL	FR		FL		FR	DfL	SiSR		Xw4L		Fz			XR	XL	SkFL
Split:Drape	PaCh	CuPFR	FR	FL	2LSR	2LTL	DbR	SiSL		KdR		KdL			Na	FL	SkFL
Split:Sw	Pu	FR		FL		PaR		Si				NoRL					
Spot Dg:Shuffle Sw	PaTR	FR		FL		FR	PsL	PsL4R	2RBIL	HePFR	FR4L	CoR					
Spot Drag	PaPvL	FR		FL4L	BR4L	FL	PsR	Fz	Fz	PsR1L	PsR1L	PsR1L	NaSi				
Spot Drag	PaPvR	FR		FL		FR4R	BL4R	FR	PsL	PsL1R	PsL2R	PsL1R					
Spot Drag	PaRuL	NaCoR	FR	FL		FR	FL	PsR	PsR1L	PsR1L	PsR1L	PsR1L					
Spot Drag	PaSpL	NaPFR	FR	FL		CbFR	Sp8L	TL	FR	PsL	PsL2R	PsL2R	TL				
Spot Drag	PaTR	NaCoR	FR	DfL		FR	FL	FR	PsL	PsL1R	PsL2R	PsL1R	TL				
Spot Drag	Pu	NaCoR	FR	FIL	Sw4R	TR	FL	PsR	PsR1L	PsR1L	PsR1L	PsR1L					
Spot Drag	WrUL	FR		CbFIL	Sw4R	BR	TL	FR		FL		PsR	PsR1L	PsR1L	PsR1L	PsR1L	
Spot Drag:Freeze A	PaTR	NaCoR	FR	DfL		FR	PsL	PsL2R	PsL2R	Fz	Fz	Fz					
Spot Drag:Freeze B	PaTR	PIR	FR	FL		FR	PsL4R	Fz				TL					
Stag	PaPvL	FR		FL4L		BR4L	FL4L	BR4L		FL4L	StR	Pz					
Stag Cross	PaXdL	FR		FL		FR	FL	Xd6L		StR		XR					
Stag Point	Pu	FR		FL		BR	XL	BR	StL	PsL		TL					
Stag Point	Wr	FR		CbFIL	Sw4R	BR	TL	FR	4R	BL		BR	StL	PsL			
Stag Point Side	PaSwXL	ShR	FR	FL		CbFR	Sw4LXL	BR	StL	PsL		TL					
Stag Skip:Sw Duck	PaTL	ShFR	FR	FL	StRSKf	1L	StRSKf	FR		TePxL	Sw6L	FL					
Stag Sway	PaPvL	FR		FL4L		BR4L	FL4L	BR2L	SL	SyRStR		Sw3R					
Stag Sway	PaPvR	FR		FL		FR4R	BL4R	FR2R	SL	SyStR		2RCoR					
Stag Swivels	Pu	FR		FL	Sw2L	StR	Sw2R	TR	Sw2R	StL	Sw2L	TL					
Starburst	PaTL	ShR	FR	FL	FR2L	XL2L	BR	PsL	IL	XR	HoR	BL					
Swing Kick	Pu	LiR		XR		Pz		FibL		KfL		FixL					
Swing Point Cross	PaRuL	PbL		HL		FR	HL	FR4L		PxL		PfL					
Swing Points	PaXdL	PxL		FL	HR	FL	Xd4L	BR		PbL		PfL					
Swing SSQQ	ExRhy	FR		BL		BL				BR		RL					
Swing Trot B	CIBk	2RSR		KxL	2L	FL		KfR	2R	SR		KxL	2L				
Swishes	PaSwXL	NaSi	FR	FL		CbFR	Sw4LXL	BR	BL	SwShR	BR	SwShL	TL	SwShR	FR		
Swishes	Pu	SiB	FR	FL		BR	XL	BR	BL	SwShR	BR	SwShL	TL	SwShR	FR		
Swishes	Wr	NaSi	FR	CbFIL	Sw4R	BR	TL	FR	4R	BL		BR	BL	SwShR	BR		
Swivel	PaSwSiL	FR		FL		FR	4LDbL	SiSR		Sw2R		Sw4L					
Swivel	PaXdL	FR		FL	FR	FL	Xd5L	BR	2L	FL	Sw6R	FR	Sw3L	NaSi			
Swivel	PaXsL	FR		FL	2L	SR	XsL	SR	TePbL	Sw2L	Sw2L	FL	Sw2R	NaSi			
Swivel	Pu	NaSi	FR	FL	Sw3R	StR	SkFL	FR	TePbL	Sw3L	Sw3L	FL	Sw3R	NaSi			
Swivel	Pu	FR		FL	1R	PfR	1L	BR	Sw1R	PxL	Sw1L	PfL	Sw1R	PxL	Sw1L	FL	
Swivel	Wr	NaSi	FR	CbFIL	4RStR	KFR	StRSKf	FR		CbFL	Sp7R	FR	TePbL	Sw3R	Sw3R		
Swivel Back	PaXdL	NaCoR	FR	FL	FR	FL	Xd5L	BiR	Sw2R	BiL	Sw2L	BiR	1RTL1R	ShR	FRSw2L	FL	Sw1R
Swivel Back	Pu	FR		FL	TR1R	BiL	Sw2L	BiR	Sw2R	BiL	Sw2L	BiR	Sw1RTL				
Swivel Back	Pu	NaCoR	FR	FL		BR	XL1L	BiR	Sw2R	BiL	Sw2L	BiR	Sw1RTL				
Swivel Back	Wr	NaCoR	FR	CbFIL	Sw4R	BR	TL	FR	5R	BiL	Sw2L	BiR	Sw2R	BiL	Sw2L	BiR	Sw1RTL
Swivel Boogie	Tk	FR		FL2L	SR1R	XL3R	Uw3R	FR		FL		BgSw4R					
Swivel Cross C0	Pu	Sw1RFR	Sw2L	FL	Sw3R	HePFR	Pv4L	FIR	Pv4R	TePbL	Sw4L	Pv4R	FIL	Pv4L	TePbR	Sw4R	
Swivel Cross C1	Pu	HePFR	Pv4L	FIR	Pv4R	TePbL	Sw4L	HePFL	Pv4R	FIL	Pv4L	BiR	Pv4R	FIL	Pv4L	TePbR	Sw4R
Swivel Cross C2	Pu	HePFR	Pv4L	FIR	Pv4R	BiL	Pv4L	FIR	Pv4R	TePbL	Sw4L	HePFL	Pv2R	HePbL			
SWIVEL CROSS L	PaSwXL	ShR	FR	FL		CbFR	Sw4LXL	BR	TL								
Swivel Drag	PaXsL	SwFR		SwFL	1L	SR	XsL	SR		DgCoL	Sw2L	KdPIL	KdTL				
Swivel Drag	PaXsL	FR		FL	2L	SR	XsL	SR		DgCoL	Sw4L	FL	Sw2R	NaSi			
Swivel Drag Kd	Pu	SwFR		SwFL	Sw3R	SR	XsL	SR		DgCoL	Sw3L	Kd2LTL	FLSw3R	FR	SwFL		
Swivel Drag Kd	Wr	SwFR		SwFL	Sw5R	BR	TL	FR	4R	BL	Sw2R	SR					
Swivel Duck	PaXsL	ShR	FR	FL	2L	SR	XsL	SR	TePxL	Sw5L		FL	Sw3R				
Swivel Hip	CIBk	HiSwR		HiSwL		HiSwR		HiSwL		HiSwR		HiSwL					
Swivel Hip	PaXsL	FR		FL	2L	SR	XsL	SR	BiL	SwHi2L	Fz						
Swivel Hips	PaXsL	CuPFR	FR	FL	2L	SR	XsL	SR	BiL	SwHi4L	BiR	SwHi4R	BiL	CuPFR			
Swivel Hips	Wr	NaCoR	FR	NaFL	2R	PaR		SR	BiL	SwHi4L	BiR	SwHi4R	BiL	CuPFR			
Swivel Hooks	Pu	FR		CbFIL	Sw4R	BR	TL	FR	4R	BL	2R	SR	BiL	SwHi4L	BiR	SwHi4R	BiL
Swivel L:Together	WrUL	FR		CbFIL	Sw4R	BR	TL	FR	Ti4R	FL		CbFIR	Sw4L	DgTL			
SWIVEL LEFT	PaSwL	ShR	FR	FL		FR	Sw4L										
SWIVEL SPLIT LEFT	PaSwSiL	TL	StR	SfL		FR	4LDbL	SiSR									
Swivel Toe Heel CO	Pu	Sw1RFR	Sw2L	FL	Sw3R	HePFR	Pv4L	FIR	Pv4R	TePbL	Sw4L	HePFL	Pv4R	FIL	Pv4L	TePbR	Sw4R

RHYTHM BREAK TIMING	MOVE	TRAVEL SEGMENT				TURN SEGMENT				POSITION/LINK SEGMENT				POSITION SEGMENT			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Swivel Toe Heel C1	Pu	HePFR	Pv4L	FiR	Pv4R	TePbL	Sw4L	HePFL	Pv4R	FiL	Pv4L	TePbR	Sw4R	HePFR	Pv4L	FiR	Pv4R
Swivel Toe Heel C2	Pu	TePbL	Sw4L	HePFL	Pv4R	FiL	Pv4L	TePbR	Sw4R	HePFR	Pv4L	FiR	Pv2R	HePbL	Pv4L	FiR	Pv4R
Swivel Wheel C0	Pu	Sw1RFR	Sw2L	FL	Sw3R	HePFR	Pv4L	FiR	Pv4R	TePbL	Sw4L	HePFL	Pv4R	FiL	Pv4L	TePbR	Sw4R
Swivel Wheel C1	Pu	HePFR	Pv4L	FiR	Pv4R	TePbL	Sw4L	HePFL	Pv4R	FiL	Pv4L	TePbR	Sw4R	HePFR	Pv4L	FiR	Pv4R
Swivel Wheel C2	Pu	TePbL	Sw4L	FiL	Sw4R	HePFR	Pv4L	FiR	Pv4R	TePbL	Sw4L	FiL	Sw4R	HePFR	Pv4L	FiR	Pv4R
Swivel Wheel C3	Pu	TePbL	Sw4L	FiL	Sw4R	HePFR	Pv4L	FiR	Pv4R	TePbL	Sw4L	FiL	Sw4R	HePFR	Pv4L	FiR	Pv4R
Swivel:Le Point Fz	PaTR	SwFR	SwFL	Sw5R	LeBR	PsL	Fz	Fz	2RStL	XL	StR	XR		HePbL		TL	
Swivot L:Sailor	BWTrL	FR	FL		FR	TL	BR	Fz		CbBL	Sp8L	BR					
Swivot L:Together	TmWrUL	FR	FL		FR	TL	BR			CbBL	Sp8L	BR		BiL	SR	SfL	
SWIVOT LEFT	PaSpL	NaPFR	FR	FL		CbFR	Sp8L			CbBL	Sp8L	BR		DgTL			
Swivot R:Together	BWTrR	FR	FL		FR	TL	BR										
Swivot R:Together	TmWrUR	FR	FL		FR	TL	BR			BL		BR	Sp8R	TL			
Swivot Spin L	PITL	FR	FL			CbFR	Sp8L	Sp4L		BL		CbBR	Sp8R	TL			
Swivot:Pivot:SnL A	PaPvL	FR	FL			FR	Sp8L	FL4L									
Swivot:Pivot:SnL B	PaPvL	FR	FL			FR	Sp8L	FL4L	BR4L	Pd8L		Pd8L					
Swivot:Pivot:SnL C	PaPvL	FR	FL			FR	Sp8L	FL4L		FL4L		Pd8L					
Swivot:Pivots L	PaPvL	FR	FL			FR	Sp8L	FL4L		BR4L		Pd8L					
Swivot:Spin L/R	ExtLR	CbBL	Sp8L			Pd8L											
Swivots Backward	ExtLR	CbBR	Sp8R			CbBL	Sp8L	Pd8L	CoR	CbBR	Sp8R			Pd8R		Pd8R	CoL
Swivots Forward	ExtLR	CbFR	Sp8L			CbFL	Sp8R										
Syn Cross Rock	PaSwL	FR	FL		FRSw4L	XL	RR	SL	XR	RL	SR	PxL	BL	PfR	FR	FL	
Syn Triple:Delay	Pu	CuFR		CuFL	CuTR	CuBL		CuBR		Fz		CuTL					
Syn Triple:Twinkle	Pu	FR	FL		TR	SwBL		SwBR		BL	TR	FL	ARPfL				
Syn Triples Cuban	Pu	FR	FL		CuTR	CuBL		CuBR	CuTL	CuRR		CuRL					
TkCh:Figure Fore	PaTkChR	FR	FL		2LCoR	SR	TL2R	FR	6RFibL	KfL	4LFixL	FL	Sw2R	NaSi			
TkCh:Latin Cross	PaTkChR	FR	FL		2LCoR	SR	TL2R	FR		XsL	Sw4R	Si					
TkCh:Pinwheel R	PaTkChR	FR	FL		2LCoR	SR	TL2R	FR	StR	KfR	StR4R	PsR					
TkCh:Pivots	PaTkChR	FR	FL2L		CoR	SR	TL2R	FR4R		BL4R	FR4R	TL					
TkCh:Point Left	PaTkChR	FR	FL		2LCoR	SR	TL2R	FR	4RCoL	PsL			TL				
TkCh:Rock	PaTkChR	FR	FL		2LCoR	SR	TL2R	FR	4R	NaPbL		TR					
TkCh:Sailor	PaTkChR	FR	FL		2LCoR	SR	TL2R	FR	4R	BiL	SR	SfL					
TkCh:Scissors	PaTkChR	FR	FL		2L	SR	TL2R	FR	4R	SsFLBR	SsFRBL	SsFLBR	SsFRBL				
TkCh:Spins	PaTkChR	FR	FL		2LCoR	SR	TL2R	FR4R		Pd8R							
TkCh:Split:Freeze	PaTkChR	FR	FL		2LCoR	SR	TL1L	FR	5R	SiSL							
TkCh:Together	PaTkChR	FR	FL		2LCoR	SR	TL2R	FR4R	CoL	TL							
TkFe:Cross Lunge	PaTkFeR	FR	FL		3LFlbR	KfR	FixR3R	FR	5RSiSL	HiR	HiL	HiR	HiL	StL		FL	
TkFe:Hip Wiggle	PaTkFeR	FR	FL		3LFlbR	KfR	FixR2R	FR	FibL	ScKfL	4RStL	TL					
TkFe:Scuff Pivot	PaTkFeR	FR	FL		3LFlbR	KfR	FixR7R	FR	3RBL	NaShR	FR6L	DfL	BgSw3R				
TkFe:Shuffle Sw	PaTkFeR	FR	FL		2LFlbR	KfR	FixR2R	FR2R	SL	SyStR							
TkFe:Stag Sway	PaTkFeR	FR	FL		2L	StR	2R	FR	AtL	RrL2R	RrL2R	XL					
TkSt:Attironde	PaTkStR	FR	FL		2L	StR	2R	FR	PbL	PbL1R	PbL2R	PbL1R	PfL	Riuf	Riuf	RiufFL	
TkSt:Fan	PaTkStR	FR	FL		2L	StR	2R	FR	4R	NaPbL		TR					
TkSt:Rock	PaTkStR	FR	FL		2LCoR	StR	2R	FR		FLSw4R	TR	ShL	TL				
TkSt:Shuffle	PaTkStR	FR	FL		2L	StR	2R	FR	PsL	PsL1R	PsL2R	PsL1R	TL				
TkSt:Spot Drag	PaTkStR	ShR	TR	FL	2L	StR	2R	FR									
TkXd:Ronde	PaTkXdR	FR	FL3L			TePbR	3R	FR	Xd4R	BL	RrR	CoR					
TkXd:Side Rock	PaTkXdR	FR	FL		3L	TePbR	3R	FR	Xd2R	RkSL		RR	TL2R				
TkXs3L:Together	PaTkXsR	NaCoR	FR	FL2L	SR1L	XL	3R	FR4R		TL							
TkXs7L:Together A	WITR	SR3L		FL3L	SR1L	XL	Sw3R	FR4R		TL							
TkXs7L:Together B	WITR	FR2L		FL4L	SR1L	XL	Sw3R	FR4R		TL							
TkXs:Bend Forward	PaTkXsR	FR	FL		FR4L	XsL	4R	FR		Sw2R	Sw2R	NoBL					
TkXs:Plie	PaTkXsR	FR	FL		FR4L	XsL	4R	FR	Pi1R	Pi1R	Pi1R	Pi1R					
TkXs:Shuffles	PaTkXsR	FR	FL		FR4L	XsL	4R	FR	PsL	PsL1R	PsL2R	PsL1R	TL				
TkXs:Spot Drag	PaTkXsR	FR	FL		FR4L	XsL	4R	FR	StL	2R	2R	TL					
TkXs:Stag	PaTkXsR	FR	FL		FR4L	XsL	4R	FR		TePxL	HL	TePfR					
Toe Point	PaSwXL	FR	FL			CbFR	Sw4LXL	BR		TePbL	Sp6L	FL	Sw3R	SiKp			
Toe Stab:Swivel	PaTL	NaSi	FR	FL		SkFL	TsR	SkFL	1LFR								
Together:Knee Pop	PaSwL	NaCoR	FR	FL		FR	Sw4L	DgTL	Kp	Kp	Kp	Kp	Kp				
Triple	ExRhy	BR	RL			SR	TL	SR		SL	TR	SL					
Triple Crosses	Pu	FR	FL		1L	XR1R	BL1R	BR		XL1L	BR	SL					
Triple Fake:Slip X	Wr	FR	CbFIL		Sw4L	BR	TL	FR	4R	BL2R	SR	XL	SR4L	XL	XsR		
Triple Swivels	Pu	FR	FL		TR1R	XL	2L	BR	Sw2R	BL1L	TR2L	FL	2R				
Triple Syn	Pr	FR	FL			FR2L	XL	SR2L		SL	SR	HL					
Triple:Point	Pu	FR	FL		2R	SR	XL2L	SR3L	SL	PxR	3R	FR					
Turn Delay	PaSIL	FR	FL			FR	SIFR	1L	1L	2L	PfL		TL				
TURN EXERCISES	ExtLR																
Turn Point	PaSIL	FR	FL			FR	SIFR	1L	1L	1L	1L	TL					
Turn Point	Pu	FR	FL			PaR	1R	SR				TL2L	PdfR				
Twinkle Away	PaXsL	FR	FL		2L	SR	XL	SR	6L	BL	TR	FL					
Twinkle Away	PaXsL	NaCoR	FR	FL	2L	SR	XsL	SR	6LCoL	BL	TR	FL	CoR4R				
Twinkle Away	Pu	NaCoR	FR	FL	Sw2R	SR	XsL	SR	6L	BL	TR	FL	Sw4R				
Twinkle Away	Wr	NaCoR	FR	CbFIL	Sw4R	BR	TL	FR	4R	BL		BR	4L	BL	TR	FL	Sw4R
Twinkle Left	PaTwL	FR	FL			CbFIR	Sw4LTL	FR		TL							
TWINKLE LEFT	PaTwL	NaCoR	FR	FL		CbFIR	Sw4LTL	BR									
Twinkle:Coupe	PaTL	FR	FL			BR	TL	FR		FL2L	SR	TLPsR	2L				
Twinkle:Lift	Pu	FR	FL			FR	TL	BR	DgPiL	LiL	TR	BL					
Twinkle:Scoot	Pu	FR	FL			BR	XL	BR		BL	TR	FL	ATRPfL	BL	TR	FL	ATRPfL
Twinkle:Scoot	Wr		CbFIL		Sw4R	PfR		FR		CbFIL	Sw4R	CoBR					
Twist	PaSIL	ShR	FR	FL		SIFR		SIFR		Ti4L	Ti4R	Ti4L					
Volta	Pu	FR	FL		2R	HR	XL	SR	XL	SR	XL2L	PsR					
Whip QQSQQS	ExRhy	BR	RL			FR				BL							
X Side:Fig Fore	Pu	NaSi	FR	FL	Sw3R	SR	1LXL	SR	FibL	KfL	4LFixL	FL	Bg2R				
Xs8L:Sailor 0L	WIXs	FR2L		FL2L		SR1L	XL2L	SR1L		BiL	SR	SfL					
Xs8L:Sailor 4L	WITL	FR		FL2L		SR2L	XL2L	SR2L		HL2L	SR2L	XfL					

MAN'S SEGMENT BREAKS

SEGMENT BREAK	ALIAS	MOVE	SEGMENT				VARIATION
TIMING			&	1	&	2	&
BR	Rock	TvSPa		BL		RR2R	
BR	Rock Syncopated	TvSPa		Pz	BL	RR	2R
BR	Rock	TvSWr		BL		RR	4R
BShTSh	Shuffles	TvS	BL	ShR	TR	ShL	
BSIBSt	Jazz Slide	PS		BL	SIBL	StR	
BXKbT	Kick Back	PS		BR	XL	KbR	TR
CoBT	Hitch	TvSPu		NaCoL	BL	TR	
DbS	Diag Rock	TvSPIRoL		1LDbL	1L	SR	
FHXsIBSt	Jazz Slide	PS	FR	HL	XR	SIBR	StL
FKFx	Figure Back	PS	3R	FR		KfxL	RIL3L
FKfxRIPh	Swing Kick	PS	3RFR	KfxL	RIL	PhL	3L
FKs	Kick Spin	PS		FR	KsL	8R	
FibKfFixKfFib	Figure	PS	FibR	KfR	FixR	KfR	FibR
FS	Swivel	LS	4R	FR	4R	SL	
FsSksSksSksSF	Flea Hops	TSPa	KsSksR	SL	KsSksL	SR	FL
FzTFz	Syn Delay	PS		Fz	TR	Fz	
HeSIT	Flicker	PS	HeSi	HeT	HeSi	HeT	HeSi
HHF	Hook	TSPu		HL		HR	FL
HPFDg	Coupe Drag	PS	HR	CpPFL		DgiL	
HSF	Hook Lunge	PS		HR4R	SL	FR	4L
HSKbF	Sailor Kick	PS		HR	SL	KbR	FR
HSS	Hook, Sailor	PS		HR	SL	SR	
HSS	Clown	PS		HR4R	SL	SR	4L
HSXs	Sailor	TS	1LHsL	SR2L		XsL1L	
HSXs	Sailor	TS		HsL1L	SR2L	XsL1L	
HSXs	Hook Side Cross	TSPaRoL	1L	HsL1L	SR1L	XsL1L	
HSX	Shuffle	TSPiRoL	HL1L	SR	XL1L		
HTF	Hook Lunge	PS		HR4R	TL	FR	4L
HTLuF	Hook Lunge	PS		HR	4TL	LuFR	4L
KbDbF	Kick Back	TvS		KbL	DbL	FR	
KfF	Kick Karate	PS		KfR		TR	
KfPh	Fake Walk	TvS		KfL		TePhL	
KfTX	Hitch Kick	TvSWr		KfL	TL1R	XR	1R
KfxBX	Hitch Kick	LS		KfxR	BR	XL	4R
KfxRIPhPf	Swing Kick	PS	4R	KfxL	RIPhL	4LPFL	
KfXs	Kick Football	PS		KfR		XsR	
KfxTF	Hitch Kick	LS	4R	KfxR	TR	FL	
KpSF	Knee Pop	TvS		NaKp	SL	NaFR	
KsT	Kick Karate	PS		KsR		TR	
LuF	Lunge Paso	TvS		LuFL			
LuFFz	Lunge	TvS		LuFL		Fz	
PtF	Point Arch	TSPu		PtL		FL	
PtF	Point Arch	TSPu	4R	PtL		FL	
SfSfSf	Penquin	PS			SfR	SfL	SfR
ShBT	Shuffle	TvSPu		ShL	BL	TR	
ShDbF	Shuffle	TvSPRoR		ShL	DbL	FR	2R
SPfBXs	Shuffle Cross	PS	SR1L	HePFL	BL1R	XR	SL1R
SPtSPtS	Sashay	PS	SR	PtL	SL	PtR	SR
SS	Side Rock	TvSPIRoL		2LSL		SR	
SsFBsSBF	Sissors	PS		SsFLBR	SsBLFR	SsFLBR	SsBLFR
SsFBsSBF	Sissors	TvS		SsFLBR	SsBLFR	SsFLBR	
SSFz	Split Rock	TvS	SL	SR	Fz		
SSIXB	Scotch	PS	SR	SL	IR	XL	BR
StKfX	Kick Cross	PS	StR	KfR		XR	
STS	Chasse	TSPu	Ti2R	SL	TR	SL	Ti2L
SxFz	Slip Cross Fore	PS	2R	SxR	Fz		
SXS	Cross-Side	TSPu	Ti2R	SL	XR	SL	Ti2L
SXsS	Cross Side	TSPRoR	2R	SL1R	XsR	SL1R	
TPf	Coupe Forward	PS	TR	CuPFL	Fz	Fz	
TsPhB	Toe Drop	PS		TsPhR		BR	
TsPhTsPhF	Wood Pecker	TSPu		TsPhL	TsPhL	FL	
TSTST	Pentuple Chasse	PS	TR	SL	TR	SL	TR
XRSt	Cross Rock	TSPa		XL	RR	SL	StR12L
XX	Cross (Crawl)	TvSPa		XL		XR	2R
XX	Cross (Crawl)	TvSPu	Ti1R	XL	Ti2L	XR	Ti1R
XXB	Cross (Crawl)	PS		XR		XL	BR

SWING DANCER'S NOTES

WOMAN'S SEGMENT BREAKS

SEGMENT BREAK	ALIAS	MOVE	SEGMENT	VARIATION				
TIMING			&	1	&	2	&	
APFF	Scout	TvS	ARPfL			FL		
BFB	Pivots Left	TSPaTL	4L	BR4L	FL4L	BR		
BTF	Twinkle	TSWr	Sw4R	BR	TL	FR	4R	
CoFF	Hitch	TvS		NaCoR	FR	FL		
CoFFSk	Hitch Skip	TvS		NaCoR	FR	FL	SkFL	
CoSTF	Tuck Chasse	TSPaTR	2LCoR	SR	TL2R	FR	4R	
DbSDf	Split	TSWr	Sw4R	DbR	SiSL	DfR	4R	
DfDf	Hip Lift	TvS		HIDfR		HIDfL		
F	Swivel Left	TSPaTL		FIR	Sw4L			
F	Swivot Left	TSPaTL		FR	Sp8L			
F	Crouch Spring	TvS		Cr		NoFL		
FB	Pivot Left	LSWr		FL	4L	BR		
FB	Pivot Right	LSWr	4R	BL	4L	FR	4R	
FBF	Swivot Pivots R	TSPaTR	Sp8R	FR4R	BL4R	FR	4R	
FBF	Pivots Right	TSPaTR		FR4R	BL4R	FR	4R	
FDbSi	Swivel Split L	TSPaTL		FR	4LDBL	SiSR		
FF	Swivel Left	LSWr		FL		FR	Sw4R	
FF	Swivot Pivot Right	LSWr		FL	Sp4R	FR	4R	
FF	Walk	TvS		FR		FL		
FF	Swivels	TvS		SwFR		SwFL		
FFF	Run Left	TSPaTL		FR	FL	FR	Sw4L	
FFXdB	Cross Drag Left	TSPaTL	FR	FL	Xd2L	Xd2L	BR	
FHFH	Nanigo Hook	TvS		NaFR	NaHL	NaFR	NaHL	
FKfF	Tuck Fig Fore	TSPaTR	3LFfBr	KfR	FixR3R	FR	4R	
FSkF	Skips Single	TvS		FR	SkFR	FL		
FSkFSk	Skips	TvS		FR	SkFR	FL	SkFL	
FTB	Coaster Left	TSPaTL		FIR	Sw4LTL	BR		
FXB	Swivel Cross Left	TSPaTL		FR	Sw4LXL	BR		
FXF	Tuck Cross Side	TSPaTR	FR4L	XL	4R	FR	4R	
ITDfS	Scotch Apart	TvS	IR	TL	DfR	SL		
KbHSF	Kick Sailor	PS		KbL	HL	SR	FL	
KfBPf	Kick Point	PS		KfL	BL	PfR		
KfFF	Hitch Kick	TvS		NaKfR	FR	FL		
KfRfF	Figure Back	TSPaTk	2L	KfR	RrR2R	FR	4R	
KnT	Kick Snap	PS		KnL		NaTL		
KxT	Cross Kick	PS		KxL		TL		
PbF	Rock	TSWr	Sw4R	HePbR		FR	4R	
PbFXd	Tuck Cross Drag	TSPaTR	3L	TePbR	3R	FR	Xd4R	
PbT	Point Back	PS		PbL		TL		
PfF	Chicken Walk	TvS		NaHePf	FR	PaL		
PfF	Crest	TvS		RiHePf	RiTePf	RiFR		
PfSiFFfSiF	Maxixe	TvS		HePfR	SiFL	HePfR	SiFL	
PsF	Point Right	TSPaTL		PsR		FR	Sw4L	
PsT	Point Left	PS		PsL		TL		
PxFF	Cross Skip	TvS		NaPxR	FR	FL		
RfFF	Crest	TvS		RiPfR		RiFR	FL	
RfFfF	Figure Back	PS	RIL2L	FIL		FL	2R	
RIH	Ronde Back	PS		RIL		HL		
RIHRR	Anchor	PS	RIL	HL	RR	RL		
RrX	Ronde Forward	PS		RrL			XL	
SDfDf	Sashay	TvS	SL	KdTeiR	DfR	KdTeiL	DfL	
ShFF	Cuban Shuffle	TvS	Sw2R	CuShR	Sw2LFR	Sw2LFL	Sw2R	
ShFF	Shuffle	TvS		ShR	FR	FL		
SHS	Hook	TSPaTL	2L	SR	HsL	SR	2L	
SHSHS	Double Hook	TSPaTL	SR	HsL	SR	HsL	SR	
SHSXS	Grapevine Hook	TSPaTL	2LSR	HsL	SR	XsL	SR2L	
SiFF	Hitch Split	TvS		NaSi	FR	FL		
SiFH	Scotch	TSWr	4RDbR	SL	IR	FL	HR	
SiHi	Hip Roll	PS	SiHiL	HiB	HiR	HiF	HiL	
SKFBR	Pivot	TSWr	SkFL	FR	4RBL	RR		
SKFCo	Skip	TSPaTR	SkFL	FR	CoL4R			
SKfFFF	Run Skip	TSPaTL	SkFL	FR	FL	FR	Sw4L	
SKFHfHu	Hook Unwind	TSPaTR	SkFL	HR		Hu4R		
SKfSKfFF	Skip	TSPaTL	SkFL	TetR	SkFL	FR	Sw4L	
SKfSKfSKf	Skips	TvS	SkFL	FR	SkFR	FL	SkFL	
SSFX	Split Cross	TvS	SR	SL	FR	2LXL		
SSFXB	Split Cross	TSPaTL	SR	SL	FR2L	XL2L	BR	
SSIH	Hop Scotch	TSPaTL	SR	SL	IR	HL	4L	
SSIXSkf	Scotch Skip	TvS	SR	SL	IR	XL	SkFL	
StF	Tuck Stag	TSPaTR	2L	StR	2R	FR	4R	
StF	Stag	TSWr	Sw4R	NaStR		FR	4R	
StKbHF	Kick Back	TvS	StR	KbR	HR	FL		
StKfStF	Kick	TSWr	4RStR	KfR	StR	FR	4R	
STS	Chasse Left	TSPaTL	2L	SR	TL	SR	2L	
StSkBF	Stag Skip	TSWr	Sw4R	StR	SkBR	FR	4R	
STSTS	Pentuple Chasse	TSPaTL	2LSR	TL	SR	TL	SR2L	
SXF	Cross Adv Syn	TSPaTk	2LSR	1LXL	3R	FR	4R	
SXS	Cross-Side	TSPaTL	2L	SR	XsL	SR	2L	
SXSHS	Grapevine Cross	TSPaTL	2LSR	XsL	SR	HsL	SR2L	
SXSXS	Double Cross	TSPaTL	SR	XsL	SR	XsL	SR	
TPfSDfBg	Hitch Swivel	PS	1RTL	PfR	2LSR	2LDfL	Bg3R	

SEGMENT BREAK	ALIAS	MOVE	SEGMENT				VARIATION
TIMING			&	1	&	2	&
TPs	Coupe Right	PS	TL	PsR			
TPsTPsT	Coupes	PS	TL	PsR	TR	PsL	TL
TPsTPsT	Hip Slip	PS	TL	HiLPsR	TR	HiRPsL	TL
TQQQQ	Knee Quiver	PS	TL	QO	QI	QO	QI
TRo	Knee Roll	PS	TL	RoKnL		RoKnR	
TRSSB	Split Apart	PS	TL	RR	SL	SR	BL
TShTShT	Shuffles	PS	TL	ShFR	TR	ShFL	TL
TStKfStT	Pinwheel	PS	TLStR	KfR	StR4R	TR	
TT	Hitch Inplace	TvS		NaCoR	TR	NaTL	
XBT	Cross Triple	PS		XL	BR	TL	
XSB	Triple Cross	PS	2L	XL	2LSR	BL	
XXSkf	Cross Skip	TvS		XR		XL	SkFL

LINDY HOP RHYTHM BREAKS

Lindy Hop rhythm breaks are based on an eight beat Slow-Quick-Quick-Slow-Quick-Quick rhythm.

MAN'S LINDY HOP RHYTHM BREAKS

RHYTHM BREAK TIMING	MOVE	SLOW				QUICK				QUICK				SLOW				QUICK				QUICK								
		1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&	9	&	10	&	11	&							
Charles Squat	OBk	Si		Pz		HoL		RL		HoL		RL		HoL		TR		HoR		RR		HoR		TL		HoL		RL		HoL2L
CharlesC0 Long Leg	OBk	PfL		FL				PfR		StR				PbR		KsR		BR		StR				PbL		HoL		RL		HoL2L
CharlesC1 Turn	OBkRoL	PfL		FL				KsR		StR				KsR		StR		BR		StR				KR		BR		PbL		PbL
CharlesC2 Kick Ovr	OBk	PfL		FL				PfR		FR		KfL		TLKfR		TRKfL		XL		StR				SIBR		BR		8L		8L
Coca Rola	DOBk	XR		Pv4R		BiL		Sw4L		BiR		RePv4R		FiL		Pv4L														
Cross Delay	PLPaBk	KsL2R		1R		FL		2R		FR		2R		SL				BR		XL		BR		KbL		BL		FR		SkFR1R
Delay Lindy	Wr	PfL		FL		4R		HR		2R		SL		2R				SR		PfL				BL		BL		FR		SkFR1R
Flying Lindy	NWr	SL2R		TR1R		SL		SKL2R		FR		1R		SL				RrR1R		HR		StL		BL		BL		FR		1R
Forward Spot	CLWl	FR		Sw4L		FL		FR		Sw4L		FL						FR		Sw4L		FL		FR		Sw4L		FL		1R
Heel Rock	DOBk			FL																										
Jockeying	NPBk	FL						CoR																NaHeSi		Si				
Kick Away	Wr	PfL		FL				HR				SL						FR						CoL						
Kick CrossC0	NOBk	BL		RR				KfL				SL						SR		TL		SR		3R		KfL		StL		3L
Kick CrossC1	NOBk	KfR		FR				KfL				SL						KfL				FL		3R		BL		RR		
Kick Turn	DBlWr	KsL		FIL				KsL				FIL						KfL				FL				KfR		FiR		
Kick Turn Left	CLWl	KfR		StR				KfR				StR						KsL				FIL				KsL		FIL		
Kicks	NWr	KsL2R		1R		FL		2R		KfR		2R		KxR				KfR				SR		SR		KfR		StR		
Kicks Hand to Hand	XOBk	KfR		HoL		KbR		HoL		KfR		HoL		TR		HoR		KfL		HoR		KbR		HR		KfL		BL		FR
Kicks:Sailor	NWr	SL2R		TR1R		SL		SKL2R		KbR		SKL2R		KbR		SKL		HR		SL		FR		HoR		KfL		HoL		FR
Lindy	Wr	BL		RR		2R		FL		2R		RrR		2R				HR		2R		SL				BL		FR		1R
Lindy Skip	NWr	PsL		SKR2R		SL		SKL2R		FR		SKR2R		SL		SKL		PbR		SKL		SR		SKR		BL		FR		SKFR2R
Lindy Skips	NWr	RR2R		SKFR1R		FL		SKFL2R		KfR		SKFL2R		KfR		SKFL		FR		SKR		KfL		SKR		BL		FR		SKFR1R
Long LegC0	OBk	KfL		FL				KfR		StR				KbR								BR				PbL		Pz		
Long LegC1	OBk	PfL		FL				KsR2L		StR2L				KsR2L								StR2L				PbL		Pz		
Long LegC2	OBk	RL		RR				KfL		FL				KfR		TRKfL						TRKfL				KsR		BR		
Long LegC3	OBk	XL		StR				SIBR		TR				BL								RR				KfL		XL		
Long LegC4	OBk	Xu8R																												
Long LegC5	OBk	SKFL				BRPfL		BLPfR		BRPfL				XL		SIBL		BR												
Long LegC6	OBk	XL		Xu8R																										
Points	NOBk	TePbL						HePfL																						
Ronde	NWr	KsL2R		1R		FL		2R		FR		2R		SL				RrR		FL		RR				PbL				
Ronde	Wr	BL2R		RR2R		SL		2R		FR		2R		SL				RrR		RR		RR				KbL		BL		FR
Ronde Spin	Wr	BL		RR		2R		FL		2R		RrR		2R				HR		SL		RrR				RIL		PbL		
Scissors Slip X	CIBk	KfL		FL				FR		Ss		Ss		Ss		Ss		Ss		SIX						SIX				
Scissors Slip X	CIBk	BL		RR		FL		FR		Ss		Ss		Ss		Ss		Ss		SIX						SIX				
Shuffles Delayed	NPBk	FL		RR		RL		SKL		KfR		SKL		KbR		SKL2R		BR								HeSmFL		TL		ShR
Single	Wr	BL		RR				FL		4R				BR												FL		4R		BR
Skate C0	TmBk	DfL		HoL		DfL		HoL		DfL		HoL		DfL		HoL		DfR		HoR		DfR		HoR		DfR		HoR		DbL
Skate C1	OBkRoL	DfR		Pz		HoR		RR		HoR		RR		HoR		RR		HoR		RR		RR		RR		HoR		HoR		RR
Skate C2	BrBk	DfL		HoL		DfL		HoL		DfL		HoL		DfL		HoL		DfR		HoR		DfR		HoR		DfR		HoR		DbL
Skate C3	OBkRoR	DfR		Pz		HoR		RR		HoR		RR		HoR		RR		RR		RR		RR		RR		RR		HoR		RR
Skater Break C0	SkBk	FL		RR		RL		KfR		StR				SR1R		TL2R		SR1R		TL2R		SR1R		KfL		StL				
Skater Break C1	SkBk	1LSL		2LTR		1LSL		KfR		StR				SR		TL		SR		TL		SR		KfL		StL				
Skater Break C2	SkBk	1LSL		2LTR		1LSL		KfR2L		StR2L				TR				HeSmFL						FL		RR				
Slide	PI	HL		SR				FL		KfR		SIFL		SIFL		SIFL		SIFL		SIFL		SIFL				SIFL				
Stag Left	NOBk			FL				FR		FL				FR																
Swivel	PI	BiL		SR		FL		Sw2R		FR		Sw2L		FL		Sw2R		HR2R		SL		FR		Sw4L		BL				
Triple	NWr	SL		TR		SL		4R		HR		2R		SL		2R		SR		TL		SR		BL						

WOMAN'S LINDY HOP RHYTHM BREAKS

RHYTHM BREAK	MOVE	SLOW				QUICK				QUICK				SLOW				QUICK				QUICK			
		1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&	9	&	10	&	11	&	12	&
Charles Squat	OBk	Si		Pz		HoR	RR		HoR	RR		HoR	TL	HoL	RL	HoL	TR	HoR	RR		HoR2R				
CharlesC0 Long Leg	OBk	PfL		FL			PfR		StR			PbR		BR			PbL								
CharlesC1 Turn	OBkRoL	PfL		FL			KsR		StR			KsR		StR			KR								
CharlesC2 Kick Ovr	OBk	PfL		FL			PfR		FR		KfL	TLKfR	TRKfL	XL	StR		SIBR				BR		PbL		
Coca Rola	DOBk	XL	Pv4L	BiR		Sw4R	BiL	RePv4L	FIR		Pv4R														
Cross Side	Wr	BR		RL1R			FR1R	SL1R	FR1R					FR1R											
Flying Lindy	NWFr	FR2R	FL1R	FR1R		TL2R	RrR	2R			HR						SL	XR			SL2R				
Forward Spot	CLWi	HL	Sw4L	SR		Sw4R	HL	Sw4L	SR		Sw4R				HL		BR				FL		1R		
Hook Swivel	Wr	FR4R	BL	FR		4R	BL		BR				Sw4L	SR	Sw4R	Sw4RHL	Sw4L	SR			SR		Sw4R		
Jockeying	NPBk	FR					CoL						HsL2L	TR	FL	Sw2R	SiSw2R				SiSw4L		Sw2R		
Jump Kick	NOWhr	ScKfR	FR	FL		Jp							BL				CoR								
Kick Away	Wr	FR	FL	FR			FL		FR																
Kick Hops	OBk	KfR1L	HoL1L	TR1L		HoR1L	KfL1L	HoR1L	TL1L		HoL1L	KfR1L	HoL1L	TR1L	HoR1L		KfR				StR		3R		
Kicks Hand to Hand	XOBk	KfR	HoL	KbR		HoL	KfR	HoL	TR		HoR	KfL	HoR	KbL	HoR		KfL	HoR			PbL				
Lindy Skips	NWFr	KfR1R	SkFL2R	FR1R		SkFR	FL1R	SkFL1R	FR1R		SkFR1R	KsL	SkFR	FL	SkFL		BR				TL		HoL		
Shuffles Delayed	NPBk	FR	RL	RR		SkR	KfL	SkR	KbL		SkR2L	BL		HeSmFR	TR		ShL				TL		ShR		SkL2R
Single	Wr	BR		RL			FR		4R			BL		FR	4R		BL								
Skate C0	TmBk	DfL	HoL	DfL		HoL	DfL	HoL	DfL		HoL	DfR	HoR	DfR	HoR		DfR	HoR			DbL				
Skate C1	OBkTL	DfR		Pz			SL	HoL	RL		HoL	RL	HoL	RL	HoL		RL	HoL			SR				
Skate C2	BrBk	DfL	HoL	DfL		HoL	DfL	HoL	DfL		HoL	DfR	HoR	DfR	HoR		DfR	HoR			RL				
Skate C3	OBkTR	DfR		Pz			SL	HoL	RL		HoL	RL	HoL	RL	HoL		RL	BR			RL				
Skater Break C0	SkBk	FR	RL	RR			KfL		StL			SL1L	TR2L	SL1L			KfR				StR				
Skater Break C1	SkBk	1LSR	2RTL	1RSR			KfL		StL			SL	TR	SL			KfR				StR				
Skater Break C2	SkBk	1LSR	2RTL	1RSR			KfL2R		StL2R			TL		HeSmFR			FR				RL				
Swivel	PI	SR	XL2L	SR		Sw2L	FL	Sw4R	FR		Sw4L	HL2L	SR	FL	Sw4R		BR				RL				
Triple	NWFr	FR1R	FL1R	FR1R		1R	FL1R	1R	FR1R		1R	SL	TR	SL			BR				RL		2L		

CHARLESTON AND BALBOA RHYTHM BREAKS

Charleston rhythm breaks are based on an eight beat Slow-Quick-Quick-Slow-Quick-Quick Lindy rhythm in *Swing Dancer*.

MAN'S CHARLESTON RHYTHM BREAKS

RHYTHM BREAK	MOVE	SLOW				QUICK				QUICK				SLOW				QUICK				QUICK			
TIMING		1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&	9	&	10	&	11	&	12	&
Buck & Wing	OBk	JTRPbL		JTLpBR		JTRPbL		JTLpBR																	
Cross Kick	OBk	SL	PI	KxR	PI	SR	PI	KxL	PI																
Dbl Cross Kick C0	OBk	SL	PI	KxR	PI	KdbR	PI	TR	PI	KxL	PI	KdbL	PI	TL	PI	KxR	PI								
Dbl Cross Kick C1	OBk	KdbR	PI	TR	PI	KxL	PI	KdbL	PI																
Dbl Kick TVL C0	OBk	FL	PI	KfR	PI	KbR	PI	FR	PI	KfL	PI	KbL	PI	FL	PI	KfR	PI								
Dbl Kick TVL C1	OBk	KbR	PI	FR	PI	KfL	PI	KdbL	PI																
Dbl X Kick TVL C0	OBk	SL	PI	KxR	PI	KdbR	PI	FR	PI	KxL	PI	KdbL	PI	FL	PI	KxR	PI								
Dbl X Kick TVL C1	OBk	KdbR	PI	FR	PI	KxL	PI	KdbL	PI																
Double Kick C0	OBk	FL	PI	KfR	PI	KbR	PI	TR	PI	KfL	PI	KbL	PI	TL	PI	KfR	PI								
Double Kick C1	OBk	KbR	PI	TR	PI	KfL	PI	KdbL	PI																
Flick Twist	OBk	HeITL	HeOFIR	HeITR	HeOFIL																				
Flick Twist Circle	OBk	FL1L	PI	FIR1L	PI	FR1L	PI	FIL1L	PI																
Foot Fan	CIBk	BL		TR		FL	TR	TL		FR		TL		TePbR		HeSwRR									
Hook Point	OBk	SL	PI	PhR	PI	SR	PI	PhL	PI																
Jumping Jack	OBk	JSi		JXR		JSi		JXL																	
Kick	OBk	FL	PI	KfR	PI	BR	PI	KbL	PI																
Point	OBk	FL	PI	PfR	PI	BR	PI	PbL	PI																
Stag Knee Slap	OBk	TL	StR	TR	StL	TL	StR	TR	StL																
Stag Knee Slap Dbl	OBk	TL	StR	PfR	StL	TR	StL	PtL	StL																
Twist	OBk	Hel	PIHeO	Hel	PIHeO																				

Balboa rhythm breaks are based on an eight beat Slow-Quick-Quick-Slow-Quick-Quick Lindy rhythm in *Swing Dancer*.

MAN'S BALBOA RHYTHM BREAKS

RHYTHM BREAK	MOVE	SLOW				QUICK				SLOW				QUICK				QUICK			
TIMING		1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&	9	&	10	&
Balboa Basic	CIBk	BL		TR		PfL		TL		FR		TL		PbR		TR					
Balboa Box	CIBk	FL		SR		BL		TeR		BR		SL		FR		TeL					
Balboa Break	CIBk	BL		FR		TeL		RL		BR		FL		TeR		RR					
Balboa L/R CI BkC0	CIBk	BL		RR		PfL		XL		BR		TL		FR							
Balboa L/R CI BkC1	CIBk	BL		TR		FL				BR		TL		FR							
Balboa TVI	CIBk	BL		FR		TeL		FL		FR		BL		TeR		BR					
Balboa Walk	CIBk	BL		BR		PfL		FL		FR		FL		PbR		BR					
Balboa Basic B	CIBk	SL		FR		PfL		XL		BR		BL		PbR		HR					
Balboa Start	CIBk	BL		RR		CoL		FL		FR		TL		PbR		TR					

WOMAN'S CHARLESTON RHYTHM BREAKS

RHYTHM BREAK	MOVE	SLOW				QUICK		QUICK		SLOW				QUICK		QUICK	
TIMING		1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&

WOMAN'S BALBOA RHYTHM BREAKS

RHYTHM BREAK	MOVE	SLOW				QUICK		QUICK		SLOW				QUICK		QUICK	
TIMING		1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&

BIG APPLE AND SHIM SHAM RHYTHM BREAKS

The rhythm breaks are given in a danceable sequence.

MAN'S AND WOMAN'S BIG APPLE RHYTHM BREAKS

RHYTHM BREAK TIMING	MOVE	SLOW				QUICK				QUICK				SLOW				QUICK				QUICK			
		1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&	9	&	10	&	11	&	12	&
Shuffle	O	ShR	TR	FL		ShR	TR	FL		ShR	TR	FL		ShR	TR	FL		ShR	TR	FL		ShR	TR	FL	
Shuffle Split	O	SR		SL		ShR	TR4R	FL	SiSR																
Split Kick	O	AsSi			HoL	KfR	HoL4R	FR4R						BL4R		FR4R		SL						SR	
Side Rocks	O	RkSL				RkSR								RkSL				RkSR						4L	
Side Rock Splits	O	RkSL				RkSR								RkSL				AsSi2L							
Shorty George	O	BgTR		BgTL		BgTR		BgTL		BgTR		BgTL		BgTR		BgTL		BgTR	RrL4R	BgTL		BgTR		BgTL	
Shorty George	O	BgTR		BgTL		BgTR		BgTL		BgTR		BgTL		BgTR		BgTL		BgTR		BgTL		BgTR		BgTL	
Rock Split	O	RkFR				RkBL				BR		TL					AsSi							Fz	
Coupe Split	O	ShR	CpTR	PbL	CpTL	PfR	BR	FL		SiSR		Fz					Fz							Fz	
Salute Freeze	O	SiFz		Fz		Fz		Fz																SL	
Suzie Q Left	O	LiXR		SL		XR		SL		XR		SL		XR		SL		XR		SL		XR		SL	
Suzie Q Left Rev	O	LiXR		SL		XR		SL		XR		SL		XR		SL		XR		SL		XR		KfL	
Suzie Q Right	O	LiXL		SR		XL		SR		LiXL		SR		XL		SR		XL		SR		XL		SR	
Suzie Q Right End	O	LiXL		SR		XL		SR		LiXL		SR		XL		SR		XL	2R	AsSi		XL		SR	
Dusty Dusty	O	JSiF		JSiF		JSiF		JSiF		JSiB		JSiB		JSiB		JSiB		JSiB		JSiB		JSiB		JSiB	4L
Dusty Dusty	O	JSiF		JSiF		JSiF		JSiF		JSiB		JSiB		JSiB		JSiB		JSiB		JSiB		JSiB		JSiB	4L
Spank the Baby	O	FL		AR		FL		AR		FL		AR		FL		AR		FL		AR		FL		AR	
Charleston Leap	O	FL				KfR				BR				BR			PiTL	LeKfR	BRKfL						
Flea Itch	O	SL				SR				SL				SR											
Body Twist	O	TuRSL				TuLSR			Bf	SiBL		CiSiBR		SiBL		CiSiBR		SiBL		CiSiBR		SiBL		CiSiBR	
Quiver	O	PfR		FR		PfL		FL		SiFR	Qu	SiFL	Qu	SiFR	Qu	SiFL		SiFR	Qu	SiFL		SiFR	Qu	SiFL	
Body Twist	O	TuLSR		FR		TuRSL				SiBL	2R	CiSiBR	4L	SiBL	2L	CiSiBR		SiBL	2L	CiSiBR		SiBL	2L	CiSiBR	
Pause	O	BLPfR																							
Kick Circle Right	O	KfR	1R	TR	1R	KfL	1R	TL	1R	KfR	1R	TR	1R	KfL	1R	TL	1R	KfL	1R	TL	1R	KfL	1R	TL	1R
Kick Circle Left	O	KfR	1L	TR	1L	KfL	1L	TL	1L	KfR	1L	TR	1L	KfL	1L	TL	1L	KfL	1L	TL	1L	KfL	1L	TL	1L
Kick Circle Left	EsP	KfR	1L	TR	1L	KfL	1L	TL	1L	KfR	1L	TR	1L	KfL	1L	TL	1L	KfL	1L	TL	1L	KfL	1L	TL	1L
Kicks	DO	KfR	1L	TR	1L	KfL	1L	TL	1L	KfR	1L	TR	1L	KfL	1L	TL	1L	KfL	1L	TL	1L	KfL	1L	TL	1L
Jazz Comb C0	O	FL		FR		KfL		TLKfR		TRKfL		FL		KfR		FRKfL		BL		TR		BL		TR	
Jazz Comb C1	O	TLKfR		TRKfL		XL	Xu2R	Xu2R		Si		Pz		BL		TR		BL		TR		BL		TR	
Jazz Comb C2	O	KfL		FL		KfR		TRKfL		TLKfR		TRKfL		XL		SkbL		XL		SkbL		XL		SkbL	
Jazz Comb C3	O	BR		BLKfR		BRKfL		XL	Xu3L	Xu3L		Si		Fz		Fz		Fz		Fz		Fz		Fz	

MAN'S AND WOMAN'S SHIM SHAM RHYTHM BREAKS

RHYTHM BREAK	MOVE	SLOW				QUICK		QUICK		SLOW				QUICK		QUICK	
		1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&
Points	PaBk																
Shimmy Points	PaBk	TR		PfL		TL		PfR		TR	RL	PfR		TR		PfR	
Shimmy Points	PaBk	TL		PfR		TR		PfL		TL	RR	PfL		TL		PfR	
Shimmy Points	PaBk	TR		PfL		TL		PfR		TR	RL	PfR		PfR		DfR	
Break Hooks	PaBk	PhL		BL		SkFL	BR		SkFR		BL	DfR		SbL		FR	
Push Cross C0	PaBk	RL		RR		RL		RR		LiL		XL		SR		FL	
Push Cross C1	PaBk	RR		RL		RR		RL		LiR		XR		SL		FR	
Push Cross C2	PaBk	RL		FR		RL		RR		LiL		XL		SR		FL	
Break Push	PaBk	LiR		XR		SL		FR		LiL		XL	SR	HL	SR	SL	
Tacky Ann C0	PaBk	PhR		SR		PhL		SL		PhR		SR		HL	SR	SL	
Tacky Ann C1	PaBk	PhR		SR		PhL		SL		PhR		SR		HL	SR	SL	
Tacky Ann C2	PaBk	PhR		SR		PhL		SL		PhR		SR		HL		DfR	
Break Hooks	PaBk	PhL		BL		SkFL	BR		SkFR		BL	DfR		SbL		FR	
Half Break	PaBk	RL		ShR	BR	FL		FR		RL		ShR	TR	TL		SR	
Break Hooks	PaBk	PhL		BL		SkFL	BR		SkFR		BL	DfR		SbL		FR	
Half Break	PaBk	RL		ShR	BR	FL		FR		RL		ShR	TR	TL		SR	
Break Hooks	PaBk	PhL		BL		SkFL	BR		SkFR		BL	DfR		SbL		FR	
Break Basic Beg	PaBk	PhL		SL		PhR		SR		TL		TR		TL		Fz	
Flying Charleston	PaBk	RL		LiR	TR	TL		FR		RL		LiR	TR	TL		SR	
Freeze	PaBk	Fz		Fz		Fz		Fz		Fz		Fz		Fz		Fz	
Boogie Back	PaBk																
Shorty George	PaBk																
Boogie Back	PaBk																
Shorty George	PaBk																
Break Split	PaBk	PaL		BL		HpL	BR		HpR	BL	Si	DgI		DgT		FR	
Stomp Off	PaBk	RL		PxR		RL		PxR		RL		PxR		RL		PxR	
Suzie Q C1	PaBk	SLTeOR		SIXR		SLTeOR		SIXR		SLTeOR		SIXR		SL	SR	SL	
Suzie Q C0	PaBk	SRTeOL		SIXL		SRTeOL		SIXL		SRTeOL		SIXL		SR	SL	SR	
Break Hooks	PaBk	PhL		BL		HpL	BR		HpR	BL		DfR		SL		FR	
Break Freeze	PaBk	Fz		Fz		Fz		Fz		Fz		Fz		Fz		Fz	

ST. LOUIS SHAG RHYTHM BREAKS

St. Louis Shag rhythm breaks are based on an eight beat Slow-Quick-Quick-Slow-Quick-Quick Lindy rhythm in *Swing Dancer*.

MAN'S ST. LOUIS SHAG RHYTHM BREAKS

RHYTHM BREAK	MOVE	SLOW				QUICK				QUICK				SLOW				QUICK				QUICK			
		1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&	9	&	10	&	11	&	12	&
Back Hook	PaBk	FL		TePbR		PfR		PbR		BR		CoL		PhL		RR									
Back Hook:Point	PaBk	FL		TePbR		PfR		PbR		BR		CoL		PhL		RR									
Cross	PaBk	FL		TePbR		PfR		PbR		BR		CoL		PhL		RR									
Cross Return	PaBk	XL		TePbR		PfR		PbR		BR		CoL		PhL		RR									
Cross Rock	NRePBk	FL		TePbR	SkL	KfR	SkL	KbR	4R	KfR		FR	SkR	XL		RR									
Cross:Point	PaBk	FL		TePbR		PfR		PbR		BR		CoL		PhL		RR									
Delayed Kicks	PaBk	KfL		FL		KfR		StR	4R	KfR		FR		PhL		RR									
Double Kick	PaBk	SL	2L	StR		KfR		StR	4R	KfR		FR		PhL		RR									
Fake Kicks C0	NRePBk	FL	RR	RL		KfR		StR	2R	SR	2R	StL		KfL		StL	4L								
Fake Kicks C1	NRePBk	KbL		StL		KfL		StL	2R	SR		StL		KfL		StL	2L								
Flick	CIBk	TL		TR		TL		StL		KbL		StL		KfL		StL	2L								
Hops 6-Beat	NOBk	JTL		HoRL		JTR		HoRR		JTL		FibL		JTR											
Jump	PBk	FL		TePbR		KfR		KbR		BR		SmPfL		JTL		JTR									
Jump Back Hook	PaBk	FL		TePbR		PfR		PbR		BR		CoL		JTL		JTR									
Jump Point	PaBk	FL		TePbR		PfR		PbR		BR		CoL		JTL		JTR									
Kick	NRePBk	SL	2L	KR		FR		RL	2R	SR	2R	KL		XL		JTRPbL									
Kick Collect	PBk	FL		TePbR		KfR		KbR		BR		CoL		RR											
Kick Collect	OBk	FL		TePbR		KfR		KbR	2R	BR		CoL		RR											
Kick Figure B	NRePBk	KfL		FL		KfR		FgR4R		KfR		CoL		RR											
Kick Side	CIBk	TL		TR		KsL		TL		KsR		FR		FgL4L											
Kick Stomp	PBk	FL		TePbR		KfR		KbR		BR		TR													
Kick Stomp Cross	PBk	FL		PbR		KfR		KL		BR		SmPfL		RR											
Kick Turn	OBkRoL	KsR	HoL	TR	HoR	KsL	HoR	TL	HoL	KsR	HoL	SmPfL		RR											
Kicks	PBk	FL		KfR		StR	4R	KfR		FR		TR	HoR	Pz											
Kicks	PBk	FL		StR		KfR		StR	4R	FR		StL		KfL		StL	4L								
Knee Pops C0	NCIBk	FL	RR	RL		KfR		StR	2R	TRKpB	1R	KpF		KpB		KpF									
Knee Pops C1	NCIBk	KpB	2R	KpF		KpB	2L	KpF		KpB	2R	KpF		KpB		KpF									
Knock Knee	PBk	FL		TePbR		PfR		PbR		BR		CoL		Si											
Log Fall	RePBk	BLKxR		SRKfL		XLfLbR		RR		BLKxR		SRKfL		TR											
Point Back	CIBk	TL		TR		TL		PbR		TR		PbL		RR											
Point Forward	CIBk	TL		TR		TL		PfR		TR		PfL		RR											
Point Side	CIBk	TL		TR		TL		PfR		TR		PfL		RR											
Points	PaBk	FL		PbR		PfR		PbR		BR		PfL		PbL		PfL									
Points	CIBk	TL		TR		PfL		TL		PfR		TR													
Prom Kicks	CIBk	TL		TR		KfL	2L	SL		KxR	2R	TR													
Rise/Fall Action	Exe	No		Lw		No		Lw		No		TR													
Savoy	PaBk	KfL		XL		KfR		StRSkL		PbR		HR		No		Lw									
Savoy Change	PaBk	KfL		XL		KfR		SsStR		KfR		HR		KfLSkR		PbL									
Savoy Kicks	PaBk	KxL		XL		KxR1L	BR	PfL		Fz		KfR	BR	FL		RR									
Savoy New York	PaBk	KfL		TL		KfR		StR		KsR		KfL		KfL		PbL									
Savoy Skip	PaBk	KfL		XL		KfR		StR	1L	BRPfL	1R	TR		PbL		PbL									
Shag	CIBk	TL		TR		TL		HoL		TR		HoR		SkIR		PbL									
Shag Flick Kicks	NCIBk	KfL		XLfIR		KfR		XRfIL		KfL		XLfIR		SkIR		PbL									
Shag Point Forward	CIBk	TL		TRPfL		TRPfL		TRPfL		TRPfL		TRPfL		SkIR		XRfIL									
Shag Point Forward	CIBk	TL		TR		PfL		TL		PfR		TR													
Shag Point Hook	CIBk	TL		TR		TL		HoL		TePhR		TR		HoR		TePhL									
Shag Point Hook	CIBk	TL		TR		TL		TePhL		TR		TePhR		HoR		TePhL									
Shag Prom Kick	PBk	KfL		KbL		KfL		XL		KfR		XR													
Shag Ronde Kick	CIBk	TL		TR		RIKfL		FL		RrKfR		FR													
Shuffle cross	PBk	FL		TsbR		KfR		KbL		BR		SmFL		BL		ShxR									
Shuffles	NPBk	FL	RR	RL	SkL	KfR	SkL	KbR	SkL2R	BR	TL	SmFL		ShL		ShL									
Shuffles	PBk	FL		TsbR		KfR		KbL		BR		SmFL		ShL		ShL									
Side Cross Away	PaBk	FL		TePbR		PfR		PbR		BR		CoL		SL		XR									
Side Rock	NPBk	FL	RR	FL		KfR		StR		BR		HeSmFL		SL		RR									
Single	CIBk	TL		TR		TL		StR		BR		HeSmFL		SL		RR									
Single Figure B	NRePBk	FL		TePbR	SkL	KfR	SkL	FgR4R		KfR		FR	SkR	KfL		FgL4L									
Single Kicks	NRePBk	FL		TePbR		KfR		StR	4R	FR		TePbL		KfL		StL	4L								
Single Stomp	NPBk	FL		TePbR		KfR		StR		BR		HeSmFL		FL		RR									
Split	PaBk	FL		TePbR		PfR		CoR		TR		HeOSi		HeIHl		RR									
Stomp:Point	PaBk	FL		TePbR		PfR		PbR		BR		SmfL		PfL		PfL									
Swing Kick	CIBk	KfL		KbL		KfL		TL		KfR		TR													
Toe Drop	CIBk	TL		TR		TL		TePbR		TR		TePbL													
Toe Stab	OBk	FL		TePbR		PfR		PbR	2R	BR		CoL		BL		RR	2L								
Toe Stab	PaBk	FL		TePbR		PfR		PbR		BR		CoL		PbL		PfL									
Toe Stab:Hop	PaBk	FL		TePbR		PfR		PbR		BR		CoL		PbL		PfL									
Toe Stab:Point S	PaBk	FL		TePbR		PfR		PbR		BR		CoL		PbL		PfL									
Tri:Sin Stomp	NPBk	FL	RR	FL	HoL	KfR	HoL	StR	SkL	TR		HeSmFL		BL		TRfIL									
Triple:Kick	NPBk	FL	RR	RL		KfR		StR		BR	RL	HeSmFL		BL		TRfIL									
Triples:Kicks	NPBk	1LFL	2LRR	1LFL	HoL	KfR	HoL	StR		1RFR	2RRL	1RFR	HoR	KfL	HoR	StL									
Turning Kicks F	PaBk	FL		StR		KfR		StR	2L	SR	2L	StL		KfL		StL									
Turning Kicks S	PaBk	SL	2L	StR		KfR		StR	2L	SR	2L	StL		KfL		StL									
Twist	PBk	HeOFL		HeIPbR		HeOCO		HeIPfR		HeOCO		HeIBR		HeOCO		HeIPbL									
Twist Delay	PaBk	HeOPsL		HeIFL		HeOPsR		HeIPfR		HeOPsR		HeIBR		HeOPsL		HeIPbL									

WOMAN'S ST. LOUIS SHAG RHYTHM BREAKS

RHYTHM BREAK TIMING	MOVE	SLOW				QUICK				QUICK				SLOW				QUICK				QUICK			
		1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&	9	&	10	&	11	&	12	&
Cross Rock	NRePBk	FR		TePbL	SkR	KfL	SkR	KbL	4L	KfL		FL	SkL	XR											
Delayed Kick	NRePBk	KfR		FR		KfL		StL	4L	KfL		FL		KfR		BL4R									
Fake Kicks C0	NRePBk	FR	RL	RR		KfL		StL	4L	KfL		FL		KfR		StR	4R								
Fake Kicks C1	NRePBk	SR	TL	SR	2R	KfL		StL	2L	SL	TR	SL	2L	KfR		StR	2R								
Kick	NRePBk	SR	2R	KL		FL		RR	2L	SL	2L	SL	2L	KfR		StR	2R								
Kick Figure B	NRePBk	KfR		FR		KfL		FgL4L		KfL		KR		XR		RL	2R								
Kick Turn	OBkTL	KsR	HoL	TR	HoR	KsL	HoR	TL	HoL	KsR	HoL	TR	HoR	KfR		FgR4R									
Knee Pops C0	NCIBk	FR	RL	RR		KfL		StL	2L	TLKpB	1L	KpF		PbL		Pz									
Knee Pops C1	NCIBk	KpB	2L	KpF		KpB	2R	KpF		KpB	2L	KpF		KpB	2R	KpF									
Log Fall	RePBk	BRKxL		SLKfR		XRFibL		RL		BRKxL		SLKfR		XRFibL		Si									
Rise/Fall Action	Exe	No		Lw		No		Lw		No		Lw		No		RL									
Savoy	PaBk	KfR		XR		KfL		StLSkR		PbL		HL		KfRskL		Lw									
Savoy Change	PaBk	KfR		XR		KfL		SsStL		KfL		BL		FR		PbR									
Shag Flick Kicks	NCIBk	KfR		XRFIL		KfL		XLfIR		KfR		XRFIL		KfL		RL									
Side Rock	NPBk	FR	RL	FR		KfL		StL		BL		HeSmFR		SR		RL									
Single Figure B	NRePBk	FR		TePbL	SkR	KfL	SkR	FgL4L		KfL		FL	SkL	KfR	SkL	RL									
Single Kicks	NRePBk	FR		TePbL		KfL		StL	4L	FL		TePbR		KfR		FgR4R									
Single Stomp	NPBk	FR		TePbL		KfL		StL		BL		HeSmFR		FR		StR	4R								
Tri:Sin Stomp	NPBk	FR	RL	FR	HoR	KfL	HoR	StL	SkR	TL		HeSmFR		TRFibL		RL									
Triple:Kick	NPBk	FR	RL	RR		KfL		StR		BL	RR	HeSmFR		RL		RL									
Triples:Kicks	NPBk	1LFR	2RR	1RFR	HoR	KfL	HoR	StL		1LFL	2LRR	1LFL	HoL	KfR	HoL	StR									

JITTERBUG RHYTHM BREAKS

Jitterbug rhythm breaks are based on a six beat Quick-Quick-Slow-Slow Pass Rhythm.

MAN'S JITTERBUG RHYTHM BREAKS

RHYTHM BREAK TIMING	MOVE	TRAVEL SEGMENT				TURN SEGMENT				POSITION/LINK SEGMENT				POSITION SEGMENT			
		1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&
Chuggs (QQSSQQ)	CIBk	BL		RR	2R	SL	TR	SL		XR	AL	XR		SL		XR	
Chuggs (SSQQQQ)	CIBk	SL	TR	SL		XR	AL	XL		SL		XR		SL		XR	
Delay	ExRhy	BL		RR		PaL		SL		PaR		SR					
Double Ronde	Pu	RIL	BiL	RR		SL	TR	SL		RrR		HR					
Figure Back	NCIBk	BL	HoL	RR	FgL4L	KfL	HoR	TL	FgR4R	KfR	HoL	TR	HoR				
Flea Hop	Pu	BL		RR		TePfl		TL		TePfl		TL					
Freeze:Syn D Rock	PBk	XsR		Fz		Fz	BL	RR		SkIL		SkIL					
Jig Kicks	NPBk	BL		RR		KfL		TL		KfR		TR					
Jig Mooch	CIBk	BL		RR	2R	KfL		TL		KfR		TR					
Jig Points	PBk	BL		RR		PfL		TL		PfR		TR	2L				
Jig Walk	NCIPBk	BL		RR	2R	KfL		TL	2L	KfR		TR					
Jitterbug Hop	CIBk	ShL	TL	RR	HoR	PfL	HoR	TL	HoL	PfR	HoL	TR	HoR				
Jitterbug Skip	ExRhy	ShL	TL	RR	SkR	KfL	SkR	TL	SkL	KfR	SkL	TR	SkR				
Jive	CIBk	ShL	TL	RR		SL	---IR	SL		SR	---IL	SR					
Kick Ronde	Wr	RIL	BiL	RR	2R	SL2R	TR2R	SL	4R	FR		BL		RrR		HR	
Kick Ronde	PrRoL	RIL	BiL	RR		FL1L	TR1L	FL		KsR	2L	TR					
Kicking Through	CIBk	KfL	2L	SL		KxR		SR	2R	KfL	2L	SL		KxR		SR	2R
Kicks	PBk	KxR	3R	SR		KxL	3L	SL		KxR	3R	SR		KxL	3L	SL	
Lindy Assem 1C0	Wr	BL		RR	2R	SL1R	TR1R	SL		HR	4R	SL		HR	4R	SL	
Lindy Assem 1C1	Wr	HR	SL	FR	4R	AsSi		Fz									
Point L:Sailor:Cp	PaL	PfL		FL		HR	SL	SR	TL	CpPsR							
Point R:Sailor:Cp	PaL	PfR		FR		HL	SR	SL	TR	CpPsL							
Points	CIBk	BL		RR		PfL		TL		PfR		TR					
Points (SSS)	PBk	CbPfl		CbFL		CbPflR		CbFR		CbPfl		TR					
Ronde	Pu	BL		RR		SL	TR	SL		RrR		HR					
Sailor	PaRoR	BL		RR		FLIR	XsR2R	SL	IR	BIR	SL	SfR					
Shuffle	NOBk	ShR	TR	ShL		SL		HePfR		SR		HePfL					
Single	ExRhy	BL		RR		SL		HePsR		SR		HePsL					
Skip Kicks	Wr	KfL	SkR2R	TL	SkL2R	KfR	SkL2L	TR	SkR2L	KfL	SkR2R	TL	SkL2R	KfR	SkL2L	TR	SkR2L
Split	NOBk	Si		BLPfR		BRPfL		Si		BLPfR		BRPfL					
Split Hook	NOBk	Si		HRPxL		Si		HLPxR		BRPfL		BLPfR					
Stags	NCIBk	BL		BR	2R	StL		TL		StR		TR	2L				
Swivels (SSQQQQ)	OBk	1RBL		Sw2L		BR		Sw2R		BL	Sw2L	BR	Sw2R	BL	Sw2L	BR	Sw1R
Triple	ExRhy	BL		RR		SL	TR	SL		SR	TL	SR					
Varsity Shag	NCIBk	TL	HoL	TR	HoR	TL	HoL	RL	HoL	TR	HoR	RR	HoR				

WOMAN'S JITTERBUG RHYTHM BREAKS

RHYTHM BREAK	MOVE	TRAVEL SEGMENT				TURN SEGMENT				POSITION/LINK SEGMENT				POSITION SEGMENT			
		1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&
Bridge Flirt Left	TLRoL	BR		RL		PfR		FR	4L	PfL		BL					
Bridge Flirt Right	TRRoR	BR		RL		PfR		FR	4R	PfL		BL					
Chuggs (QQSSQQ)	CIBk	BR		RL	2L	SR	TL	SR	2R	FL	AR	FL	2L	SR	2R	FL	2L
Chuggs (SSQQQQ)	CIBk	SR	TL	SR	2R	FL	AR	FL	2L	SR	2R	XL	2L	SR	2R	XL	2R
Delay	ExRhy	BR		RL		PaR		SR		PaL		SL					
Figure Back	NCIBk	TR	HoR	TL	FgR4R	KfR	HoL	TR	FgL4L	KfL	HoR	TL	HoL				
Freeze:Syn D Rock	PBk	XsL		Fz		Fz	BR	RL									
Jig Kicks	NPBk	BR		RL		KfR		TR		KfL		TL					
Jig Mooch	CIBk	BR		RL	2L	KfR		TR		KfL		TL					
Jig Walk	NCIPBk	BR		RL	2L	KfR		TR	2R	KfL		TL					
Jitterbug Hop	CIBk	ShR	TR	RL	HoL	PfR	HoL	TR	HoR	PfL	HoR	TL	HoL				
Jitterbug Skip	ExRhy	ShR	TR	RL	SkL	KfR	SkL	TR	SkR	KfL	SkR	TL	SkL				
Jive	CIBk	ShR	TR	RL		SR	—IL	SR		SL	—IR	SL					
Jump T Re Shoulder	PrUR	BR		FL		FR	FL	FR	J12R	Si		Fz					
Kick Turn	TkRL	BR		RL	2L	PaR	2R	FR		KfL	4L	FL	2L	TR	4L	TR	
Kicking Through	CIBk	KfR	2R	SR		KxL		SL	2L	KfR	2R	SR		KxL		SL	2L
Kicks	PBk	KxL	3L	SL		KxR	3R	SR		KxL	3L	SL		KxR	3R	SR	
Lindy Assem 1C0	Wr	BR		RL	2R	FR1R	FL1R	FR	4R	FL	2R	FR	2R	FL	2R	FR	2R
Lindy Assem 1C1	Wr	FL	2R	FR	6R	AsSi		Fz									
Pivots Right	PrUR	BR		RL		FR4R	BL4R	FR4R		SL	TR	SL					
Points	CIBk	BR		RL		PfR		TR		PfL		TL					
Points (SSS)	PBk	CbPfR		CbFR		CbPfL		CbFL		CbPfR		CbFR					
Sailor	PaRoR	BR		RL		FRIL	XsL2L	SR	IL	BIL	SR	SfL					
Single	ExRhy	BR		RL		SR		HePsL		SL		HePsR					
Skip Kicks	Wr	KfR	SkL2L	TR	SkR2L	KfL	SkR2R	TL	SkL2R	KfR	SkL2L	TR	SkR2L	KfL	SkR2R	TL	SkL2R
Stags	NCIBk	BR		BL	2L	StR		TR		StL		TL					
Swivels (SSQQQQ)	OBk	1RFR		Sw2L		FL		Sw2R		FR	Sw2L	FL	2R	Sw2R	FR	Sw2L	FL
Triple	ExRhy	BR		RL		SR	TL	SR		SL	TR	SL					
Tuck Chasse:Pivots	PrUR	BR		RL	2L	SR	TL2R	FR4R		BL4R	FR4R	BL					
Tuck Spin	CIBk	BR		RL	1L	SR	TL3R	FR	6R	SL	TR	SL					
Varsity Shag	NCIBk	TR	HoR	TL	HoL	RL	HoL	TR	HoR	RR	HoR	TL	HoL				

CAROLINA SHAG RHYTHM BREAKS

If the woman's rhythm break is not listed, it is a mirror reflection of the listed man's rhythm break.

MAN'S CAROLINA SHAG RHYTHM BREAKS

RHYTHM BREAK	MOVE	TRAVEL SEGMENT				TURN SEGMENT				POSITION/LINK SEGMENT				POSITION SEGMENT			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Anchor	PrBe12L	BL		RR		FL2L	SR2L	BL	3L	BR3L	TL2L	RR					
Anchor	PrBeL	BL		RR		FL2L	SR2L	BL		BR	TL	RR					
Anchor	Pu	BL		RR		FL	TR	BL		BR	RL	RR					
Anchor	Wr	BL		RR	2R	SL1R	TR1R	SL	4R	HR		DfL		FR4R	TL	RR	
Belly Roll C0	CIBk	BL		RR	2R	PbL				PbR		TR					
Belly Roll C1	CIBk	TL		TR		PbL		TL		PbR		TR					
Belly Roll C2	CIBk	TL		TR		PbL		TL		BR	TL	FR					
Boogie Back	Pu	BgBR		BgBL		HR	BL	ShR	BR	XL	RR	BL	FR	PfL	2R	TePxL	2L
Boogie Walk	NLPaNO	BgFL		BgFR	2L	FL	TR	BL		BR	TL	KfR	BR				
Boogie Walk	NONLPa	BL		RR		XL	1R	KfR	1R	HR1R	TL	KfR	BR	BgFL		BgFR	2L
Boogie Walk	NRPN0	BgFL		BgFR	2R	FL	TR	BL	BR	TL	FR						
Boogie Walk	Pu	BL		RR		FL	TR	BL		BR	TL	KfR	BR	BgFL		BgFR	
Boogie Walk	ReLPRoR	BgFL		BgFR	2R	FL2R	TR2R	SL2R		HR	FL	FR	4L				
Boogie Walk	Ro16R	BgFL		BgFR	2R	FL2R	TR2R	BL2R	2R	BR2R	TL2R	RR2R					
Boogies & Sh C0	Pu	BL		RR		FL	TR	BL		BR	TL	KfR					
Boogies & Sh C1	Pu	BgFL		BgFR		ShL	BL	ShR	BR	BgFL		BgFR		ShL	BL	RR	
Brush Point C0	NLPNRPBK		BL		RR	2R	ScPfL			FL	4L	ScPfR		FR	XL		
Brush Point C1	NLPNRPBK		RR	BL	RR	4R	ScPfL			FL	4L	ScPfR		FR	XL		
Brush Point C2	NLPNRPBK		RR	BL	RR	4R	ScPfL			FL	4L	FR2R	TL	RR	XL		
Combination C0	PrBeL	ShL		FR		FL		PfR		HR	PfL	BL	TePxR				
Combination C1	PrBeL	Sw4R	PfR	HR	4L	FL	4L	BR		BL	BL	TePxR	Sw4R				
Combination C2	PrUL	FR	HL	RR		SL	TR	SL		HR	RL	BR					
Cross Pause	WrUL:NO	BL		RR	2R	SL	TR2R	SL		HR	SfFR	FL		FR4R	XL	HR	Pz
Crossover	Pu	BL		RR		FL	TR	BL		BR	XL	RR					
Double Cross	Pu	BL		RR		FL	XR	RL		BR	XL	RR					
Drag Back	Pu	DgPbL	BL	RR		FL	TR	BL		BR	TL	TR					
Drag Back	Wr	DgPbL	BL	RR	1R	SL2R	TR1R	SL	2R	HR	2R	SL		FR4R	TL	RR	
Duck Swivel	CIBk	TeXL		SwL		XL		TeXR		SwR		XR					
Duck Walk1 C0	Pu	BL		RR	TeL	Sw3L	Sw3R	TL	TeR	Sw3R	Sw3L	TR					
Duck Walk1 C1	Pu	RL		RR	TeL	Sw3L	Sw3R	TL	TeR	Sw3R	Sw3L	TR					
Duck Walk1 C2	Pu	RL		RR	TeL	Sw4L	Sw4R	TL	TeR	Sw4R	Sw4L	TR					
Duck Walk2 C0		HeL	Sw1L	HeR	Sw2R	TePtL	Sw2L	HeTL		TePtR	Sw2L	HeTR					
Duck Walk2 C1		HeL	Sw1L	HeR	Sw2R	StL	Sw2L	HeTL		StR	Sw2L	HeTR					
Duck Walk2 C2		BL		RR		FL	TR	BL	2R	QO	QI	QO	QI				
Duck Walk3 C0	Pu	BL		RR		XL		KfR		HR	TL	Sw2R	HeFR				
Duck Walk3 C1	Pu	HeFL	Sw4R	HeFR	Sw2L	TePr	Sw2L	TeRL	Sw2R	TePr	Sw2R	HeRR					
Hook Together	PrUL	BL		RR		FL	TR2R	SL	2R	HR	SL	RR					
Hook Walk	NRPBk	HL		HR		HL		KfR		HR	TL	FR2R	XL	RR	CoL1R	BL	RR
Jump Scissors	Pu					XL		KfR		BRKfL	BLKfR	FR	1R	RR	CoL1R	BL	RR
Kick Anchor	CIBk	BL		RR		FL		KfR		BR	RL	RR					
Kick Duck	PrNBeL	4RKfL	TePx4L	TePxL		FL2L	TR2L	FL									
Kick:Twinkle	NPBk	BL		RR		FL		KfR		BR	TL	FR					
Kick:Twinkle	Pu	PfL	BL	RR		XL		KfR		BR	TL	FR					
Kickback	CIBk	BL		RR	2R	XL		KfR	2L	HR	BL	FR	2R				
Kickback	Pu	ShL	BL	RR		XL		KfR		HR	TL	XR					
Kickback	RSkLSk	BL		SR		XL		KfR		HR	TL	FR	Sw2L	ShL	BL	RR	
Kickback:Sh	NCINLPa	XL		KfR	2L	HR	BL	FR	2R	ShL	BL	ShR	BR				
Kickback:Skip	CIBk	BL		RR	SKR	XL		KfR	2L	HR	BL	FR	BR				
Lean	NBRPu	ShL	BL	ShR		BgBR		BgBL		HR	FL	ShR	BR				
Lean	PrBeL	CoL2R	XL	RR	2L	FL2L	TR2L	TL		BR	TL	TR					
Lean	Pu	PfL	BL	RR		XL		KfR		BR	TL1L	XR	1R	CoL2R	XL	RR	2L
Lean Triple C0	ReLPaBk	FL2R	TR2R	FL	6R	HR	BL	FR		CoL	XL	RR		ShL	BL	RR	
Lean Triple C1	Pu	PfL	BL	RR		XL		KfR		BR	TL1L	XR	1R				
Lean Triple C2	Pu	CoL2R	XL	RR2L	BL1L	XR	1R	CoL1R	XL1R	RR2L	BL1R	XR	1R	CoL1R	XL1R	RR2L	
Lift Kick Spin	PI	SL		RR		LsfXL		LbfXL	2L	Sn4L		Sn4L					
Log Fall	Pu	RR	BL	RR		XL		KfR		BR	TL	FR	XL				
Log Fall	PuRoR	RR	BL	RR	2R	FL4R	TR2R	BL		FR	TL	BR	XL				
Log Fall Sk:Kick	ReLPNRP	RR	BL	RR2R	SKFR	FL	2L	KfR	2L	HR	FL	ShR	BR				
Point Forward C0	CIBk	BL		RR		PfL		TL		PfR		TR					
Point Forward C1	CIBk	TL		TR		PfL		TL		PfR		TR					
Point Forward C2	CIBk	TL		TR		PfL		TL		BR	TR	FR					
Point Hook	NULBeR	BL		RR	SL	TePhR	SR	TePhL		SL	TePx8R	KfR		BR	BL	FR	
Points	CIBk	XL		XR		PXL		FL		PXR		FR					
Rotate Left	CI:NO	SL		RR	2R	KfL		LIL2L		4L		4L					
Rotate Right	NRPaBk	BL		RR	2R	SL2R	TR	TL2R	2R	2RTR	TL	KfR	BR				
Rotate Right	RSkBk	BL		RR	2R	TL2R	TR2R	SL	2R	TR	TL	TR					
Sailor	NPIRoR	BL		RR		SL2R	TR2R	SL2R	2R	HR	SL	FR					
Sailor	PrReLP	BL		RR	2R	SL1R	TR1R	SL		HR	SL	FR					
Sailor	Pu	BL		RR		FL	TR	BL		HR	SL	FR					
Shuffle	PrNBeL	ShL	BL	FR		FL2L	TR2L	FL		BR	TL	FR					
Shuffle	Pu	BL		RR		FL	TR	BL		BR	TL	FR					
Shuffle	Pu	ShL	BL	RR		FL	TR	BL		BR	TL	FR	BR				
Shuffle BoogieC0	CIBk	BL		RR		XL		PbR		HR	FL	RR	XL				
Shuffle BoogieC1	CIBk	RR	SL	RR	XL			PbR	HR	ShL	XL	BR					
Shuffle BoogieC2	CIBk	XL		PbR		HR	ShL	FL	FR4R	ShL	BL	ShR	BR				

RHYTHM BREAK TIMING	MOVE	TRAVEL SEGMENT				TURN SEGMENT				POSITION/LINK SEGMENT				POSITION SEGMENT			
		1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&
Shuffle BoogieC3	CIBk	BgFL		BgFR		ShL	BL	ShR	BR	BgFL		BgFR					
Shuffle:Crossover	Pu	ShL	BL	RR		FL	TR	BL		BR	XL	RR					
Skip	Wr	BL		RR	2R	SL	TR2R	SL		HR	SkFR	FL		FR4R	XL	HR	
Skip Step C0	CIBk	BL		RR		XL		KfR		BR	TL	FR	XL				
Skip Step C1	CIBk	RR	BL	RR2R	SkFR	FL		KfR	4L	BR	TL	ShR	TR				
Skip Step C2	CIBk	BgFL		BgFR2R		FL2R	TR4R	BL2R		BR2R	TL4R	FR2R					
Skip:Figure Fore	Wr	BL		RR	2R	SL	TR2R	SL		HR	SkFR	FL		KfR	TePxBR	KfR	TR
Skip:Swivot	WrBeR	BL		RR	2R	SL	TR2R	SL		HR	SkFR	FL		Sp12R		FR	
Stag	Pu	StL	BL	PxR	BR	StL	BL	PxR	BR								
Stutter	Pu	XL	RR	BLPxR	RR	XL		PfR		HR	BL	XR					
Toe Heel Swivel C	CIBk	HR	BL	FR													
Toe Heel Swivel C	CIBk	BL		RR		XL		KfR		HR	BL	FR	Pv2R	TePbL	Sw4L	HePfL	Pv4R
Toe Heel Swivel C	CIBk	FIL	Pv4L	TePbR	Sw4R	HePfR	Pv4L	FIR	Pv4R	TePbL	Sw4L	HePfL	Pv4R	FIL	Pv2L	KfR	
Twinkle	PI	BL		RR		BL	TR	BL		BR	TL	FR					
Twinkle	PIRoR	BL		RR		TL2R	TR4R	TL2R		BR	TL	FR					
Twinkle	PITL	BL		RR		BL	TR	BL		BR	TL	FR					
Twinkle	PITLROr	BL		RR		TL2R	TR4R	TL2R		BR	TL	FR					
Twinkle	Pr	BL		RR		FL	TR	FL		FR	TL	FR					
Twinkle	Pu	BL		RR		FL	TR	BL		BR	TL	RR					
Twinkle	Wt:CI	BL		RR	2L	SL2L	TR2L	SL2L		BR	TL	RR					
Twinkle	Wr:CI	BL		RR	2R	SL1R	TR1R	SL	2R	HR	2R	SL	2R	BR	TL	FR	

WOMAN'S CAROLINA SHAG RHYTHM BREAKS

RHYTHM BREAK TIMING	MOVE	TRAVEL SEGMENT				TURN SEGMENT				POSITION/LINK SEGMENT				POSITION SEGMENT			
		1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&
Anchor	PrBe12L	BR		RL		FR2R	TL	FR	2R	BL	TR	RL					
Anchor	PrBeL	BR		RL		FR2R	TL	FR	2R	BL	TR	RL					
Anchor	Wr	BR		FL	1R	FR2R	FL1R	FR	4R	BL							
Anchor	Wr	BR		FL	1R	FR3R	FL2R	FR2R	4R	FL	1R	FR	4R	BL	TR	RL	
Belly Roll C0	CIBk	BR		RL	2L	PbR		TR		PbL		TL		3R	BL	TR	RL
Belly Roll C1	CIBk	TR		TL		PbR		TR		PbL		TL					
Belly Roll C2	CIBk	TR		TL		PbR		TR		BL	TR	FL					
Boogie Walk	Pu	BR		FL		FR	TL	BR		BL	TR	KfL	BL	BgFR		BgFL	
Boogies & Sh C0	Pu	BR		RL		FR	TL	BR		BL	TR	KfL	BL				
Boogies & Sh C1	Pu	BgFR		BgFL		ShR	BR	ShL	BL	BgFR		BgFL		ShR	BR	RL	
Brush Point C0	NLPNRPBk		BR		RL	2L	ScPfR		FR	4R	ScPfL		FL	SR			
Brush Point C1	NLPNRPBk		RL	BR	RL	4L	ScPfR		FR	4R	ScPfL		FL	XR			
Brush Point C2	NLPNRPBk		RL	BR	RL	4L	ScPfR		FR	4R	FL2L	TR	RL				
Crossover	Pu	BR		RL		FR	TL	BR		BL	XR	RL					
Duck Walk C0	Pu	BR		RL	TeR	Sw3R	Sw3L	TR	TeL	Sw3L	Sw3R	TL					
Duck Walk C1	Pu	RR		RL	TeR	Sw3R	Sw3L	TR	TeL	Sw3L	Sw3R	TL					
Duck Walk C2	Pu	RR		RL	TeR	Sw4R	Sw4L	TR	TeL	Sw4L	Sw4R	TL					
Hook Together	PrUL	BR		FL		FR2L	TL	SR2L		HL	SR	RL					
Hook Walk	NRPBk	HR		HL		HR		KfL		HL	TR	FL2L	XR	RL	BR	RL	
Kick:Twinkle	NPBk	BR		RL		FR		KfL		BL	TR	FL					
Kickback	Pu	ShR	BR	RL		XR		KfL		HL	TR	XL					
Lean	Pu	PfR	BR	RL		XR		KfL		BL	TR1R	XL	1L	CoR2L	XR	RL	2R
Lean Triple C0	Pu	PfR	BR	RL		XR		KfL		BL	TR1R	XL	1L				
Lean Triple C1	Pu	CoR2L	XR	RL2R	BR1R	XL	1L	CoR1L	XR1L	BL	TR	FL	XR	CoR1L	XR1L	RL2R	
Log Fall	Pu	RL	BR	RL		XR		KfL		BL	TR	FL					
Point Forward C0	CIBk	BR		RL	2L	PbR		TR		PbL		TL					
Point Forward C1	CIBk	TR		TL		PbR		TR		PbL		TL					
Point Forward C2	CIBk	TR		TL		PbR		TR		BL	TL	FL					
Sailor	PITL	BR		FL		FR4L	TL4L	RR4L		HL	SR	FL					
Sailor	PITLROr	BR		FL		FR8L	FL4L	BR		HL	SR	FL					
Sailor	PrNUL	BR		RL	2L	SR	TL	SR	2L	HL	SR	TR					
Shuffle	Pu	ShR	BR	RL		FR	TL	BR		BL	TR	FL					
Shuffle:Crossover	Pu	ShR	BR	FL		FR	TL	BR		BL	XR	RL					
Skip Step C0	CIBk	BR		RL		XR		KfL		BL	TR	FL	XR				
Skip Step C1	CIBk	RL	BR	RL2L	SkFL	FR		KfL	4R	BL	TR	ShL	TL				
Skip Step C2	CIBk	BgFR		BgFL2L		FR2L	TL4L	BR2L		BL2L	TR4L	FL2L					
Toe Heel Swivel C	CIBk	BR		RL		XR		KfL		HL	BR	FL	Pv2L	TePbR	Sw4R	HePfR	Pv4L
Toe Heel Swivel C	CIBk	FIR	Pv4R	TePbL	Sw4L	HePfL	Pv4R	FIL	Pv4L	TePbR	Sw4R	HePfR	Pv4L	FIR	Pv2R	KfL	
Twinkle	PI	BR		RL	2L	SR	TL	SR	2L	BL	TR	FR					
Twinkle	PIRoR	BR		RL	2L	SR	TL	SR	2L	BL	TR	FR					
Twinkle	PITL	BR		FL	4L	BR4L	FL4L	BR		HL	SR	FL					
Twinkle	PITLROr	BR		FL		FR4L	TL4L	RR4L		BL	TR	FL					
Twinkle	Pr	BR		RL		FR2R	TL	FR	2R	BL	TR	FL					
Twinkle	Pr	BR		RL		FR2R	FL	FR	2R	BL	TR	RL					
Twinkle	Pu	BR		RL		FR	TL	BR		BL	TR	RL					
Twinkle	Wt:CI	BR		RL	2L	SR2L	TL2L	SR2L		BL	TR	FL					
Twinkle	Wr:CI	BR		FL	1R	FR1R	FL1R	FR1R		DfL	2R	FR	6R	BL	TR	FL	

HUSTLE RHYTHM BREAKS

The *Swing Dancer* Hustle rhythm breaks are based on the three beat Street Hustle rhythm of Quick-Slow with a single, delay, or triple on the slow. The Street Hustle Quick-Slow rhythm with a triple on the slow, can be viewed as a doubling of the tempo and a rearrangement of the order of the traditional Swing

Slow-Slow-Quick-Quick rhythm to a Quick-&-&-Quick rhythm in 4/4 metric signature. The Street Hustle rhythm can also be viewed as a Quick-Slow Canter rhythm in 3/4 metric signature. More advanced dancers will use a Samba triple if the music is syncopated accordingly.

MAN'S HUSTLE RHYTHM BREAKS

RHYTHM BREAK	MOVE	QUICK		SLOW		QUICK		SLOW									
TIMING		1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&
Back Lunge Right	BR																
Back Turn Right	BL2R			BR2R	BL2R	BR2R											
Cross Unwind R	10R																
Fake Rock	FL4R				SR	RL4L											
Fan Left	FL4L																
Fan Right	FR4R																
Flirtation	BL			SR2L	FL4L												
Flirtation Turn	BL			SR2L	FL2L	FR2L		FL2L		SR2L	FL4L						
Forward Rock	FL			SR2R	SL	SR											
Grapevine	SL			HR	SL	XR											
Hook Cross Rock	HL			SR	XL	RR2L											
Hook Right	FL2L			HR													
Hook Rock	HL			SR	SL	SR											
Hook Turn Right	SL1R			HR1R	SL1R	HR1R											
Lunge Left	FL																
Lunge Right	SL1R			HR	SL	FR											
Lunge Right	FL			FR													
Lunge Right	LuFR																
Ronde Left	FL			FR	RrL												
Sailor	1RSL			1RHR	SL	SR											
Side Back	FL			SR	BL1R	BR1R											
Side Rock	FL2L			SR4L	SL	RR4R											
Spin Left	FL8L																
Split Rock	SfL4L			SbR	RL	RR											
Stag	XL2R			TR	StL	2L											
Stag Spin	SL1R			StR7R	TR												
Turn Left	SL2L			SR2L	SL2L	SR2L											
Twinkle	FL			BR	TL	FR											
Twinkle Left	2LXL			BR	TL	FR											
Twinkle Right	XL5R			BR	TL	FR											

WOMAN'S HUSTLE RHYTHM BREAKS

RHYTHM BREAK TIMING	MOVE	QUICK		SLOW				QUICK		SLOW							
		1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&
3 Ct Pivot Right		FR4R		BL4R		FR4R		BL									
4 Ct Pivot Left		SR6L		FL4L		SR4L		SL									
4 Ct Pivot R/Fz		FR2R		SL4R		SR2R		FL4R									
4 Ct Pivot Right		FR4R		BL4R		FR4R		BL2R		SR							
6 Ct Pivot Left		SR6L	FL4L	BR4L		FL2L				SL2L							
6 Ct Pivot Right		FR4R		BL4R		FR4R		BL4R		SR4L		SL	XR		RL2R		
Back Circle R		FR2L		BL2R		BR1L		BL1R		FR2R		SL4R	SR		RL4L		
Back Ripple		FR	4R	RubBL		Rub		Rub									
Basket Stag		SR4R		SL		StR		2R									
Chain & Pivot		SR2L		SL		FR4R		BL4R									
Chain Pivot		FR4R		BL		FR4R		BL4R									
Chain Turn		SR4L		SL4L		TR2L		FL									
Chain Turn Right		SL4R		TR4R		TL2R		FR									
Chains Right		SR4R		SL4R		SR4R		SL4R									
Circle Back R		FR5R		BL1R		BR1R		BL5R									
Circle/Swivot R		FR1R		FL1R		FR1R		FL9R									
Comet Left		SR		SL4L				SR4L									
Comet Left 4 Ct		SR4L		TL		SR		SL4L									
Cross Hook		XR		SL		HR		RL									
Cross Rock		SR4L		SL		XR		RL2R									
Cross:Shuffle		FL		FR		RIL			XL		XR	BL	ShR	BR			
Cross:Shuffles		FL		FR		RIL			XL		XR	BL	ShR	BR	ShL	BL	ShR
Crosses		SR4L		SL		XR1L		XL3R									
Delayed Turn		FR		FL		FR4R		FL									
Figure Four		FR	7L	FL		KfR		FIXR3R									
Flirtation Slip		FR		SL		BR4L		FL2L									
Flirtation Turn		FR		SL		BR2L		BL2L		BR2L		BL2L	BR4L		FR2L		
Forward Twinkle		FR		FL		TR		BL4R									
Grapevine		SR		HL		SR		XL									
Hook & Fan		HR		SL		FaR											
Hook Cross Rock		HR		SL		XR		RL									
Hook Turn Left		FR		FL		4R		PsR		SR	2L	HL	SR		TL8L		
Hook Turn Right		FR		FL		4R		PsR		FR	2R	SL	HR		SL8R		
Latin Basket		FR	4R	TL				PsR		FR	4L	BL	TR		FL		
Latin Pass		FR		FL				PsR		FR	4L	BL	TR		FL		
Latin Prom		FR		FL		4R		PsR		FR	4L	BL	TR		FL		
Latin Push		TR		TL				PsR		FR	4L	BL	TR		FL		
Pivot Left		BR4L		FL4L		BR4L		FL4L		TR		BL	TR		FL		
Pivot Right		FR4R		BL4R		FR4R		BL4R									
Reverse Pivot		FR4L		BL		FR4R		BL4R									
Rock Turn Right		FR3R		BL3R		FR3R		BL3R									
Ronde High		FR		RrL4R				TL									
Ronde Right		FR		FL4R		RrR											
Sailor		SR		HL		SR		SL									
Side Cross		SR		XL		SR		SL									
Side Rock		FR2R		SL4R		SR		SL4L									
Slip Pivot		FR4R		BL		BR4L		FL2L									
Stag		SR4L		SL2L		StR		4R									
Stag Turn		FR		SL4R				TL									
Swivot Pivot R		FR		XL8R		FR4R		BL4R									
Turn Right		FR1R		FL1R		FR1R		FL1R									
Twinkle		FR		BL		TR		FL									
Twinkle Bounce		FR		BoBL		BoTR		BoFL									
Twinkle Cuban		FR		CuBL		CuTR		CuFL									
Twinkle Left A		FR4L		BL		TR		FL									
Twinkle Left B	2L	SR2L	2L	BL		TR		FL									
Twinkle Right		FR4R		BL		TR		FL									
Twinkle Swivel		FR4L		BL2R		TR2L		FL									